

Research summary

Aims—to develop and evaluate design patterns that help people self-regulate their use of smartphones and laptops.

Methods—controlled studies, user surveys, interviews, co-design workshops, web scraping, behaviour logging.

I am passionate about open and transparent research. Since 2018, I have shared materials, analysis scripts, and data for all my first-authored work, and written my papers as reproducible documents in R Markdown¹.

Research positions

2021 — present

Postdoctoral Researcher

Carlsberg Foundation & Dept. of Computer Science, University of Oxford

Education

2016 — 2021

DPhil in Computer Science, University of Oxford

Supervisor: Sir Nigel Shadbolt²

Thesis: Examining the effectiveness of design patterns for digital self-control

2012 — 2013

MSc in Cognitive and Evolutionary Anthropology, University of Oxford

Supervisor: Oliver Curry³

Thesis: Fundamental motivations and risk-taking

2011 — 2016

MA in the Study of Religion & Psychology, Aarhus University

Supervisor: Uffe Schjødt⁴

Thesis: Religion as a cultural tool for cognitive control

2007 — 2011

BA in the Study of Religion & Psychology, Aarhus University

Supervisors: Jesper Sørensen⁵ and Kristoffer Laigaard Nielbo⁶

Thesis: Priming effects of religious concepts on moral judgment

Major grants and funding

2021 — 2023

Carlsberg Foundation Visiting Fellowship at University of Oxford⁷ (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions

2020

van Houten Fund⁸ (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students.

Supervisor: Maureen Freed.

2019 — 2020

EPSRC Doctoral Prize⁹ (~£28k), Supporting End-User Autonomy Over Digital Device Use.

Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

¹ Last updated: March 2022

Awards & honours

| | |
|------|---|
| 2020 | <p>Winner of the 2020 Oxford Three Minute Thesis competition¹⁰, Mathematical, Physical and Life Sciences Division, University of Oxford</p> <p>Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards¹¹, University of Oxford</p> |
| 2019 | <p>Best Talk Award, 2019 Oxford Computer Science Conference, University of Oxford</p> <p>Best Paper Honorable Mention Award for "Self-Control in Cyberspace...", CHI'19: ACM Conference on Human Factors in Computing Systems</p> |
| 2018 | <p>Best Paper Award for "Third party tracking...", WebSci'18: ACM Conference on Web Science, Amsterdam</p> |
| 2017 | <p>DOMUS Prize for Outstanding Research Communication, Linacre College, University of Oxford</p> |

Publications

Conference publications

(fully reviewed, archival)

In computer science, top-tier conferences (<30% acceptance rate) are as, or more impactful than journals, see doi.org/fgjt2h

| | | |
|------|----|---|
| 2021 | C6 | <p>How the Design of YouTube Influences User Sense of Agency K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker CHI'21: ACM Conference on Human Factors in Computing Systems</p> |
| 2020 | C5 | <p>From Ancient Contemplative Practice to the App Store: Designing a Digital Container for Mindfulness K. Lukoff, U. Lyngs, S. Gueorguieva, E. S. Dillman, A. Hiniker, S. A. Munson DIS'20: ACM conference on Designing Interactive Systems</p> |
| | C4 | <p>"I Just Want to Hack Myself to Not Get Distracted": Evaluating Design Interventions for Self-Control on Facebook U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt CHI'20: ACM Conference on Human Factors in Computing Systems</p> |
| 2019 | C3 | <p>Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt CHI'19: ACM Conference on Human Factors in Computing Systems 🏆 Best paper honourable mention (top 5%)</p> |
| 2018 | C2 | <p>Third party tracking in the mobile ecosystem R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt WebSci'18: ACM Web Science Conference 🏆 Best paper award (top 2 papers)</p> |
| | C1 | <p>"It's Reducing a Human Being to a Percentage": Perceptions of Justice in Algorithmic Decisions R. Binns, M. Van Kleek, M. Veale, U. Lyngs, J. Zhao, N. Shadbolt CHI'18: ACM Conference on Human Factors in Computing Systems</p> |

Journal articles (fully reviewed, archival)

- 2021 J3 **Before and after GDPR: tracking in mobile apps**
K. Kollnig, R. Binns, M. Van Kleek, J. Zhao, U. Lyngs, C. Tinsman, N. Shadbolt
Internet Policy Review, 10(4)
- J2 **Designing for Youth-Centered Moderation and Community Governance in Minecraft**
K. Salen Tekinbaş, K. Jagannath, U. Lyngs, P. Slovák
TOCHI: ACM Transactions on Computer-Human Interaction
- 2016 J1 **Hearing in Colour: How Expectations Distort Perception of Skin Tone**
U. Lyngs, E. Cohen, W. Hattori, M. Newson, D. Levin
JEP:HPP: Journal of Experimental Psychology: Human Perception and Performance, 42(12), 2068-2076

Book chapters

- 2021 B1 **Robot Accident Investigation: a case study in Responsible Robotics**
A. F.T. Winfield, K. Winkle, H. Webb, U. Lyngs, M. Jirotko, C. Macrae
Springer: : Software Engineering for Robotics [12](#), Cavalcanti et al. (eds.), pp. 165-187

Extended abstracts and workshop papers

(lightly reviewed)

- 2022 A10 **Designing to Support Autonomy and Reduce Psychological Reactance in Digital Self-Control Tools**
K. Lukoff, U. Lyngs, L. Alberts
CHI'22 Workshop: *Self-Determination Theory in HCI: Shaping a Research Agenda*, ACM CHI Conference on Human Factors in Computing Systems
- 2020 A09 **The ReDD Workshop: A Template for Supporting People in Regaining Control Over Digital Device Use**
U. Lyngs, M. Freed, K. Lukoff, P. Slovak, M. Van Kleek
CHI'20 Workshop: *Rethinking Mental Health Resources*, ACM Conference on Human Factors in Computing Systems
- A08 **Further Exploring Communal Technology Use in Smart Homes: Social Expectations**
M. Kraemer, U. Lyngs, H. Webb, I. Flechais
CHI'20 EA: ACM Conference on Human Factors in Computing Systems
- A07 **"What Could Possibly Go Wrong?" Logging HRI Data for Robot Accident Investigations**
K. Winkle, M. Jirotko, U. Lyngs, C. Macrae, H. Webb, A. Winfield
HRI'20 Companion: ACM/IEEE International Conference on Human-Robot Interaction
- 2019 A06 **Putting Self-Control at the Centre of Digital Wellbeing**
U. Lyngs
CHI'19 Workshop: *Designing for Digital Wellbeing*, ACM Conference on Human Factors in Computing Systems

| | | |
|------|-----|---|
| 2018 | A05 | So, Tell Me What Users Want, What They Really, Really Want! U. Lyngs, R. Binns, M. Van Kleek, N. Shadbolt CHI'18 EA (alt.chi): ACM Conference on Human Factors in Computing Systems |
| | A04 | A Cognitive Design Space for Supporting Self-Regulation of ICT Use U. Lyngs CHI'18 EA: ACM Conference on Human Factors in Computing Systems |
| 2017 | A03 | 'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lyngs CHI'17 EA: ACM Conference on Human Factors in Computing Systems |
| | A02 | 'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lyngs, R. McKay CogSci'17: 39th Annual Conference of the Cognitive Science Society |
| | A01 | Curiosity, ICTs, and Attention Management U. Lyngs CHI'17 Workshop: <i>Designing for Curiosity: An Interdisciplinary Workshop</i> ¹³ , ACM Conference on Human Factors in Computing Systems |

Publicly available research code & data

| | |
|------|--|
| 2021 | Data, materials, and analysis for "Before and after GDPR..." [J3] 1 K. Kollnig, R. Binns, M. Van Kleek, J. Zhao, U. Lyngs, C. Tinsman, N. Shadbolt https://osf.io/35xps/ |
| | Data, materials, and analyses for my DPhil thesis "Ulysses in Cyberspace..." 2 U. Lyngs https://osf.io/ed3wh/ |
| 2020 | Data, materials, and analysis for "'I Just Want to Hack Myself..." [C4] 3 U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt https://osf.io/qtg7h/ |
| 2019 | Data, materials, and analysis for "Self-Control in Cyberspace..." [C3] 4 U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt https://osf.io/zyj4h/ |
| 2018 | Data and analysis for "Third party tracking..." [C2] 5 R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt https://osf.io/4nu9e/ |

Research dissemination

Press

| | |
|------|--|
| 2021 | Interviewed on the Danish radio program 'Kortsluttet' (<i>short-circuited</i>) on P1, in the episode 'Død over digitale distraktioner' (<i>Death to digital distractions</i>) ¹⁴ |
| 2018 | Our paper "Third Party Tracking in the Mobile Ecosystem" [C2] covered in the Financial Times ¹⁵ , BBC ¹⁶ , The Times ¹⁷ , Business Insider ¹⁸ , and more |

Podcasts

- 2021 Pod2 **Brainstorm podcast (Danish)**¹⁹, Slip nu den telefon! Fire gode råd til at undgå tidsrøvende distraktioner på nettet (*Let go of that phone! Four pieces of good advice for avoiding time-wasting distractions on the web*)
- 2020 Pod1 **University of Oxford Podcasts**²⁰, Your Digital Life During Lockdown

Talks

All first-authored conference publications listed above were also presented as talks at their respective conferences and are not listed again in this section.

- 2022 T36 **Goodenough College & University of Oxford, Colloquium on AI and Regulation, Venice**
Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
- 2021 T35 **University of Oxford, Community call: executable manuscripts**, Reproducible Research Oxford²¹
Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates²²
- T34 **University of Oxford, Human Centred Computing**²³, Dept. of Computer Science
"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
- T33 **University of Copenhagen, International Seminar organised by the DISTRACT**²⁴ **project: Studying the Digital Backlash**, Copenhagen Center for Social Data Science
"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
- T32 **KulturRummet Thy, Thy 360**²⁵, **local event**, Thisted Library, Denmark
Selvkontrol i cyberspace (*Self-control in cyberspace*)
- T31 **University of Copenhagen, DISTRACT**²⁶ **project**, Copenhagen Center for Social Data Science
The Reducing Digital Distraction workshop as research tool: methods and preliminary results
- T30 **University of Copenhagen, Human-Centred Computing Section**²⁷, Dept. of Computer Science
Reproducible and Replicable Research
- T29 **University of Oxford, Human Centred Computing**²⁸, Dept. of Computer Science
R Markdown in 7 Minutes
- T28 **University of Oxford, Human Centred Computing**²⁹, Dept. of Computer Science
Reproducible and Replicable Research
- 2020 T27 **University of Oxford, Guest lecture in Interaction Design (IDE)**³⁰, Dept. of Computer Science
Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control

| | | |
|------|----------|---|
| | T26 | University of Copenhagen, DISTRACT³¹ , Copenhagen Center for Social Data Science Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention |
| | T25 | University of Copenhagen, COINACT³² , Institute of Psychology Cognitive Control in Cyberspace |
| | T24 | University of Oxford, Seminars at Linacre College³³ 'I Just Want to Hack Myself to Not Get Distracted': Do Design Interventions for Self-Control on Facebook Work? |
| | T23 | University of Oxford , Oxford Centre for Hindu Studies, online lecture series (6 videos) ³⁴ for a general audience What Can Digital Humanities Offer Hindu Studies? |
| | T22 | University of Oxford, Śākta traditions project³⁵ , Oxford Centre for Hindu Studies Deus ex Machina: What Can Digital Humanities Offer Hindu Studies? |
| | T21 | University of Washington, Design. Use. Build. (DUB) alliance³⁶ 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook |
| | T20 | Google, Digital Wellbeing³⁷ Digital Wellbeing in Practice: Designing for Digital Self-Control |
| | T19 | University of Copenhagen, Human-Centred Computing Section³⁸ , Dept. of Computer Science Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies |
| | T18 | University of Oxford, Digital Ethnography Group (OxDEG)³⁹ , Oxford Internet Institute Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies |
| | 2019 T17 | University of Oxford, R user group Oxford⁴⁰ , St. Peter's College Reproducible research with R Markdown, featuring article and PhD thesis writing |
| | T16 | Indian Institute of Technology (IIT) Bombay, Best of CHI2019 , Mumbai (videolink) Q&A: Self-Control in Cyberspace |
| | T15 | University of Oxford, 2019 Oxford Computer Science Conference⁴¹ , Dept. of Computer Science Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools |
| 2018 | T14 | University of Oxford, Workshop for new DPhil (PhD) students , Dept. of Computer Science "Owning" Your DPhil |
| | T13 | 2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop⁴² , Glasgow, UK Putting Self-Control at the Centre of Digital Wellbeing |
| | T12 | BBC, Conference on AI, Society & the Media , BBC Radio Theatre, New Broadcasting House, London So, Tell Me What Users Want, What They Really, Really Want! |

| | | |
|------|-----|---|
| | T11 | UnBias⁴³ Hackathon, CodeBase , Edinburgh Hacking the Attention Economy |
| | T10 | University of Oxford, Human Centred Computing⁴⁴ , Dept. of Computer Science Evaluating Anti-Distracted Browser Extensions for Facebook |
| 2017 | T09 | PubhD⁴⁵, science communication and pints , St Aldate's Tavern, Oxford How to Build Minimally-Distracting Technology |
| | T08 | University of Oxford, SOCIAM: The Theory and Practice of Social Machines⁴⁶ project meeting , Jesus College Distraction and Self-Regulation in Social Machines |
| | T07 | University of Oxford, DOMUS Research Communication Competition , Linacre College Ulysses in Cyberspace: How Anti-Distracted Apps Can Guide Digital Design |
| | T06 | University of Oxford, 2017 Oxford Computer Science Conference⁴⁷ , Dept. of Computer Science ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market |
| | T05 | University of Oxford, Being Responsible in Research: Opportunities and Challenges workshop, Human Centred Computing⁴⁸ , Dept. of Computer Science Battle of the Social Machines: Attention Management in the Information Age |
| | T04 | SOCIAM: The Theory and Practice of Social Machines⁴⁹ , project meeting at Brockenhurst, UK Attention Management in the Information Age |
| 2015 | T03 | Aarhus University, Religion, Cognition and Culture⁵⁰ research unit , Institute of Culture and Society Religion: A Culturally Evolved Tool for Self-Control |
| 2014 | T02 | 26th Annual Human Behavior and Evolution Society Conference⁵¹ , Natal, Brazil Fundamental Motivations and Risk-Taking: Loss Aversion in Context |
| 2012 | T01 | Homo Experimentalis: Experimental Approaches in The Study of Religion⁵² , Brno, Czech Republic Effort, Loss Aversion and Religion |

Discussion panels

| | | |
|------|----|--|
| 2021 | D3 | Roundtable discussion on mental health during the COVID pandemic , Coping with Isolation and Loneliness - a Conversation, |
| 2019 | D2 | Futures Thinking Conference⁵³ , Psychology and Futurity, roundtable discussion on mental health |
| | D1 | 2019 Oxford Computer Science Conference⁵⁴ , Computing Everything? The Limits of Algorithmic Learning, moderated panel discussion with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott |

Poster presentations

| | | |
|------|----|--|
| 2018 | P7 | University of Oxford, Connected Life Conference 2018 55 , Oxford Internet Institute What the Anti-Distracted Market Tells Us About Digital Technology and Self-Regulation |
| | P6 | 2018 CHI Conference on Human Factors in Computing Systems, 3rd Symposium on Computing and Mental Health 56 , Montreal, Canada A Cognitive Design Space for Supporting Self-Regulation of ICT Use |
| 2017 | P5 | 39th Annual Conference of the Cognitive Science Society 57 , London "It's More Fun With My Phone": A Replication Study of Cell Phone Presence and Task Performance |
| | P4 | University of Oxford, Connected Life Conference 2017 58 , Oxford Internet Institute Ulysses in Cyberspace: Evaluating the Anti-Distracted Market |
| | P3 | 2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop 59 , Denver, Colorado Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market |
| 2014 | P2 | Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms 60 , Budapest Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org |
| 2011 | P1 | 33rd Annual Conference of the Cognitive Science Society 61 , Boston, MA Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation |

Blog posts

| | | |
|------|-----|--|
| 2021 | B10 | ulriklyngs.com , How to Adapt Any LaTeX Template for Use With R Markdown in Four Steps 62 |
| 2019 | B09 | UX Collective (Medium) , 367 Tools of Resistance in the Battle for Online Attention 63 |
| | B08 | ulriklyngs.com , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents 64 |
| | B07 | ulriklyngs.com , How to Create New Chunk Options in R Markdown 65 |
| 2018 | B06 | ulriklyngs.com , How to Build Safari App Extensions 66 |
| | B05 | ulriklyngs.com , R packages for CHI papers with R Markdown 67 |
| | B04 | ulriklyngs.com , How to Write ACM Articles with R Markdown 68 |
| 2017 | B03 | Connected Life Conference 2017 , Ulysses in Cyberspace 69 |
| | B02 | ulriklyngs.com , Making Statistics Make Sense 70 |
| 2016 | B01 | ulriklyngs.com , Digging Science Out of a Hole: The Reproducibility Index 71 |

Teaching experience

- 2021 **Instructor, Reproducible research with R Markdown**⁷², Oxford|Berlin Summer School on Open Research⁷³
25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing.
- 2020 **Teaching assistant, Big Data Analytics**⁷⁴, Oxford Internet Institute, University of Oxford
20 master's students. Taught the practical part of the class on analysing and visualising non-normally distributed data in R and RStudio
- 2019 **Instructor, Reproducible research with R Markdown**⁷⁵, TIER Faculty Development Workshop⁷⁶, St. Anne's College, University of Oxford
20 staff and faculty from research institutions across Europe. Developed and taught a 2-day master class in reproducible research
- 2013 **Teacher, Introduction to Evolutionary Psychology**, Oxbridge International Summer School⁷⁷
10 high school students. Organised and taught a 2-week course with group and individual tutorials
- 2010 — 2011 **Teaching assistant, Philosophy, theory of science, and university history**, Dept. for the Study of Religion, Aarhus University
20 undergraduate students. Taught a weekly supplementary seminar to the main lecture series

Software

R packages

- 2019 — present **oxforddown**⁷⁸, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
- 2019 — present **pagedown-cv**⁷⁹, for dynamically generating a curriculum vitae from data held in a spreadsheet into a variety of output formats, using R Markdown and the pagedown R package
- 2018 — 2020 **chi-2021-rmd-template**⁸⁰, **chi20-papers-rmarkdown**⁸¹, **chi-proc-rmd-template**⁸² & **chi-ea-template**⁸³, for writing reproducible submissions in R Markdown to the ACM CHI conference

Apps

- 2021 — present **Newsfeed toggle for Facebook**⁸⁴, browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS
- 2019 — present **"No Distractions" for YouTube**⁸⁵, browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
- 2019 — present **HighlightAds for Google Search**⁸⁶, browser extension that adds a background color to search results on Google that are ads in the Safari browser on Mac
- 2019 — present **"No Distractions" for Twitter**⁸⁷, browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac

Service

- 2016 — present **Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI)⁸⁸, ACM CHI Conference⁸⁹, Computer-Supported Cooperative Work and Social Computing⁹⁰, International Journal of Human-Computer Studies⁹¹
- 2018 — 2020 **Steering group member** Transparent Statistics in Human-Computer Interaction⁹²
- 2017 — 2018 **President of the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford
- 2018 **Main conference organiser and General Chair** Oxford Computer Science Conference 2018, Dept. of Computer Science, University of Oxford
- 2016 — 2017 **DPhil representative in the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford
- 2012 — 2016 **Executive committee member in the London Evolutionary Research Network⁹³ (LERN)** London, UK
- 2008 — 2012 **Chairman of the Society for the Study of Religion (RvF)⁹⁴** Dept. for the Study of Religion, Aarhus University

Selected work experience

- 2020 — present **Data Scientist and Digital Humanities Consultant**, Śākta Traditions⁹⁵, Oxford Centre for Hindu Studies, University of Oxford
I provide practical support and consultancy on natural language processing methods for analysis and visualisation of large text corpora, using reproducible workflows in R Markdown.
- 2019 — 2020 **Research Assistant**, RoboTIPS: Developing Responsible Robots for the Digital Economy⁹⁶
Developed accident scenarios and investigation processes to inform responsible innovation in social robotics, with researchers at the Dept. of Computer Science in Oxford (lead: Prof. Marina Jirotko), and the Bristol Robotics Facility (lead: Prof. Alan Winfield).
- 2017 — 2019 **Web developer**, Dept. of Computer Science, University of Oxford: SOCIAM: The Theory and Practice of Social Machines⁹⁷
Built sociam.org⁹⁸, which archives outputs of a 5.5 year EPSRC research project involving 55+ researchers, 40+ projects, and 400+ publications. Developed from scratch in Drupal 7, assisted by two summer interns. Ongoing maintenance, feature development, and content curation.
- 2017 — 2019 **Bartender**, Linacre College, University of Oxford
- 2013 — 2016 **Festival Producer and Manager**, Institute of Art and Ideas⁹⁹, London
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn¹⁰⁰; interviewed (600+) and booked (150+) speakers, including Cory Doctorow, Aubrey de Grey, and Simon Baron-Cohen; led and managed a research team division of two full-time staff plus a music team of three full-time staff.

Professional development

- 2018 **Invited participant to the Global Dialogue for Happiness**, World Government Summit¹⁰¹, Dubai
- 2017 **Leading for Impact**¹⁰² fellow, 4-month leadership training programme at Saïd Business School, University of Oxford

Minor grants and funding

- 2021 **Junior Research Fellow Grant, Lucy Halsall Fund**¹⁰³ (£292), Initial validation of measures for digital self-control
- 2018 **Student Research Competition Grant** (\$500), CHI'18: ACM Conference on Human Factors in Computing Systems
- 2017 **Workshop Travel Grant** (€400), Designing for Curiosity, CHI'17: ACM Conference on Human Factors in Computing Systems
- Student Research Competition Grant** (\$500), CHI'17: ACM Conference on Human Factors in Computing Systems
- 2013 **Lienhard & Bagby Research Grant** (£1,000), Institute of Social & Cultural Anthropology, University of Oxford
- 2008 **Summer School Scholarship** (~€1000), University of Helsinki
- Undergraduate Travel Grant** (DKK 1200), Aarhus University

Personal skills & volunteering

- 2017 — present **Founding Band Member**, The Karaoke Collective¹⁰⁴
Inventor, MC and drummer; the KC is a group of seasoned musicians in Oxford and London where we blend the fun of karaoke with the magic of a live band.
- 2017 — 2019 **Computer Science Ambassador**, Dept. of Computer Science, University of Oxford
I gave regular talks about my group's and my personal research to 14-18 year old students from schools in the UK visiting the Dept. of Computer Science
- 2017 — 2019 **Steering committee member, Oxford Scandinavian Society**, Co-organiser of 'sittnings' (traditional Scandinavian dinner- and drinking parties), movie nights, summer BBQs and more. Webmaster at oxfordscandinavian.com
- 2017 **Head of Entertainment, Linacre College Ball**, Planned, contracted, and produced 15+ acts, including a 30-piece swing band, funk orchestra, live karaoke, glitter fairy, space hopper race, treasure hunt and drumming DJ
- 2013 — 2016 **Interview Coach**, Oxbridge Interviews, Oxfizz¹⁰⁵
Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge

Links

1. <https://rmarkdown.rstudio.com>↵
2. https://www.jesus.ox.ac.uk/people/professor_sir_nigel_shadbolt_freng_frs↵
3. <https://www.oliverscottcurry.com>↵
4. [https://pure.au.dk/portal/en/persons/uffe_schjoedt\(c2b0d5e1_b9e5_4ff1_9866_7009bc63827e\).html](https://pure.au.dk/portal/en/persons/uffe_schjoedt(c2b0d5e1_b9e5_4ff1_9866_7009bc63827e).html)↵
5. [https://pure.au.dk/portal/da/persons/jesper_soerensen\(6eb687a7_1af7_48c0_bad1_cc9cc0ba3054\).html](https://pure.au.dk/portal/da/persons/jesper_soerensen(6eb687a7_1af7_48c0_bad1_cc9cc0ba3054).html)↵
6. [https://pure.au.dk/portal/en/persons/kristoffer_laigaard_nielbo\(aef8887c_d4e9_4270_9031_1a15553f5590\).html](https://pure.au.dk/portal/en/persons/kristoffer_laigaard_nielbo(aef8887c_d4e9_4270_9031_1a15553f5590).html)↵
7. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt/CF20_0678_Ulrik_Lyngs↵
8. https://governance.admin.ox.ac.uk/van_houten_fund↵
9. <https://epsrc.ukri.org/skills/students/dta/doctoralprize/>↵
10. https://www.ox.ac.uk/students/three_minute_thesis_competition↵
11. https://www.mpls.ox.ac.uk/news/mps_impact_awards_2020_winners_announced_at_winter_reception↵
12. https://link.springer.com/book/10.1007/978_3_030_66494_7↵
13. <https://dl.acm.org/doi/10.1145/3027063.3027064>↵
14. https://www.dr.dk/radio/p1/kortsluttet/kortsluttet_62?fbclid=iwar2cnu58gu19ym6m0zv48z2tcwqni56xsxmszkkuqne9efjqwg8w4zgylw↵
15. https://ig.ft.com/mobile_app_data_trackers/↵
16. https://www.bbc.co.uk/news/technology_45952466↵
17. https://www.thetimes.co.uk/article/personal_data_harvesting_by_mobile_phone_apps_is_out_of_control_pb2m2kwkj↵
18. https://www.businessinsider.com/google_and_facebook_big_data_apps_oxford_study_finds_2018_10?r=UK&IR=T↵
19. https://videnskab.dk/kultur_samfund/slip_nu_den_telefon_fire_gode_raad_til_at_undgaa_tidsroevende_distractioner_paa↵
20. https://podcasts.ox.ac.uk/your_digital_life_during_lockdown↵
21. <https://ox.ukrn.org>↵
22. <https://youtu.be/aU0uetWJXis>↵
23. <https://hcc.cs.ox.ac.uk>↵

- <https://sodas.ku.dk/projects/distract/>↵
25. [https://thy360.dk/event/selvkontrol i cyberspace/8500](https://thy360.dk/event/selvkontrol_i_cyberspace/8500)↵
 26. <https://sodas.ku.dk/projects/distract/>↵
 27. [https://di.ku.dk/english/research/human centred computing/](https://di.ku.dk/english/research/human_centred_computing/)↵
 28. <https://hcc.cs.ox.ac.uk>↵
 29. <https://hcc.cs.ox.ac.uk>↵
 30. <https://hip.cat/emax/teaching>↵
 31. <https://sodas.ku.dk/projects/distract/>↵
 32. <https://psychology.ku.dk/coinact/>↵
 33. [https://www.linacre.ox.ac.uk/event_type/linacre seminar](https://www.linacre.ox.ac.uk/event_type/linacre_seminar)↵
 34. https://www.youtube.com/playlist?list=PLklUogDmN_nAEqQphmDffOMBp5ljN_jXA↵
 35. <http://saktatraditions.org>↵
 36. <https://dub.washington.edu/seminar.html>↵
 37. <https://wellbeing.google>↵
 38. [https://di.ku.dk/english/research/human centred computing/](https://di.ku.dk/english/research/human_centred_computing/)↵
 39. <https://www.oii.ox.ac.uk/research/projects/oxdeg/>↵
 40. <https://twitter.com/rusersoxford>↵
 41. <https://oxfordcsc.com>↵
 42. <https://digitalwellbeingworkshop.wordpress.com>↵
 43. <https://unbias.wp.horizon.ac.uk/>↵
 44. <https://hcc.cs.ox.ac.uk>↵
 45. <http://pubhd.org>↵
 46. <https://sociam.org>↵
 47. <https://oxfordcsc.com>↵
 48. <https://hcc.cs.ox.ac.uk>↵
 49. <https://sociam.org>↵
 50. <https://rcc.au.dk>↵
 51. <https://www.hbes.com/conference/>↵
 52. <https://religionistika.phil.muni.cz/levyna2012/program.php>↵
 53. [https://www.torch.ox.ac.uk/event/futures thinking conference details](https://www.torch.ox.ac.uk/event/futures_thinking_conference_details)↵
 54. <https://oxfordcsc.com>↵

55. https://connectedlife.oii.ox.ac.uk/past_conferences/conference_life_2018/↵
56. <https://dl.acm.org/doi/10.1145/3170427.3170665>↵
57. <https://cogsci.mindmodeling.org/2017/>↵
58. https://connectedlife.oii.ox.ac.uk/past_conferences/connected_life_2017/↵
59. <https://dl.acm.org/doi/10.1145/3027063.3027064>↵
60. https://summeruniversity.ceu.edu/morality_2014↵
61. <http://toc.proceedings.com/12584webtoc.pdf>↵
62. https://ulriklyngs.com/post/2021/12/02/how_to_adapt_any_latex_template_for_use_with_r_markdown_in_four_steps/↵
63. https://uxdesign.cc/367_tools_of_resistance_in_the_battle_for_online_attention_2a92ca282a65↵
64. https://ulriklyngs.com/post/2019/02/20/how_to_use_pandoc_filters_for_advanced_customisation_of_your_r_markdown_documents/↵
65. https://ulriklyngs.com/post/2019/02/03/how_to_create_new_chunk_options_in_r_markdown/↵
66. https://ulriklyngs.com/post/2018/11/02/how_to_build_safari_app_extensions/↵
67. https://ulriklyngs.com/post/2018/10/29/r_packages_for_chi_papers_with_r_markdown/↵
68. https://ulriklyngs.com/post/2018/07/18/how_to_write_acm_articles_with_r_markdown/↵
69. http://connectedlife.oii.ox.ac.uk/ulysses_in_cyberspace/↵
70. https://ulriklyngs.com/post/2017/02/26/making_statistics_make_sense/↵
71. https://ulriklyngs.com/post/2016/09/26/digging_science_out_of_a_hole_the_reproducibility_index/↵
72. https://ulyngs.github.io/oxberlin_2021_rmd_workshop/↵
73. https://s_quest.bihealth.org/BeOx/index.html↵
74. https://www.oii.ox.ac.uk/study/courses/big_data_analytics/↵
75. https://ulyngs.github.io/rmarkdown_workshop_2019/↵
76. https://www.projecttier.org/fellowships_and_workshops/faculty_development_workshops/↵
77. <https://oxfizz.org/>↵
78. <https://github.com/ulyngs/oxforddown>↵
79. https://github.com/ulyngs/pagedown_cv↵
80. https://github.com/ulyngs/chi_2021_rmd_template↵
81. https://github.com/ulyngs/chi20_papers_rmarkdown↵
82. https://github.com/ulyngs/chi_proc_rmd_template↵

83. https://github.com/ulyngs/chi_ea_rmd_template↵
84. https://apps.apple.com/gb/app/newsfeed_toggle_for_facebook/id1598798014↵
85. https://apps.apple.com/gb/app/no_distractions_for_youtube/id1482507016?mt=12↵
86. https://apps.apple.com/gb/app/highlightads_for_google_search/id1496633107?mt=12↵
87. https://apps.apple.com/gb/app/no_distractions_for_twitter/id1486155792?mt=12↵
88. <http://tochi.acm.org/>↵
89. <https://sigchi.org/>↵
90. <http://cscw.acm.org/2019/>↵
91. https://www.journals.elsevier.com/international_journal_of_human_computer_studies↵
92. <https://transparentstatistics.org>↵
93. <https://londonevolution.org>↵
94. https://studerende.au.dk/studier/fagportaler/arts/religionsvidenskabelig_forening/↵
95. <http://saktatraditions.org/people/>↵
96. <https://www.cs.ox.ac.uk/projects/RoboTIPS/index.html>↵
97. <https://sociam.org>↵
98. <https://www.sociam.org>↵
99. <https://iai.tv>↵
100. <https://howthelightgetsin.org/>↵
101. <https://www.worldgovernmentsummit.org>↵
102. https://www.sbs.ox.ac.uk/research/skoll_centre_social_entrepreneurship/social_impact_education/leading_impact↵
103. https://www.linacre.ox.ac.uk/lucy_halsall_fund_and_jrf_grant_application_form↵
104. <https://karaokecollective.com>↵
105. <https://oxfizz.org/>↵