

## 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 Markdown<sup>1</sup>.

## 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 Shadbolt<sup>2</sup>

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

2012 — 2013

**MSc in Cognitive and Evolutionary Anthropology**, University of Oxford

Supervisor: Oliver Curry<sup>3</sup>

Thesis: Fundamental motivations and risk-taking

2011 — 2016

**MA in the Study of Religion & Psychology**, Aarhus University

Supervisor: Uffe Schjødt<sup>4</sup>

Thesis: Religion as a cultural tool for cognitive control

2007 — 2011

**BA in the Study of Religion & Psychology**, Aarhus University

Supervisors: Jesper Sørensen<sup>5</sup> and Kristoffer Laigaard Nielbo<sup>6</sup>

Thesis: Priming effects of religious concepts on moral judgment

## Major grants and funding

2023 — 2024

**EPSRC Impact Acceleration Account<sup>7</sup>** (~£74k), Preparing the Reduce Digital Distraction (ReDD) Workshop for Impact across the UK higher education sector

2021 — 2023

**Carlsberg Foundation Visiting Fellowship at University of Oxford<sup>8</sup>** (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions

2020

**van Houten Fund<sup>9</sup>** (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students.

Supervisor: Maureen Freed.

**EPSRC Doctoral Prize**<sup>10</sup> (~£28k), Supporting End-User Autonomy Over Digital Device Use.

Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

## Awards & honours

- 2023 **Best Paper Honorable Mention Award for “SwitchTube: A Proof-of-Concept System...”**, CHI’23: ACM Conference on Human Factors in Computing Systems
- 2020 **Winner of the 2020 Oxford Three Minute Thesis competition**<sup>11</sup>, Mathematical, Physical and Life Sciences Division, University of Oxford
- Commendation Certificate for the Reducing Digital Distraction Workshop**, MPLS Impact Awards<sup>12</sup>, University of Oxford
- 2019 **Best Talk Award**, 2019 Oxford Computer Science Conference, University of Oxford
- Best Paper Honorable Mention Award for “Self-Control in Cyberspace...”**, CHI’19: ACM Conference on Human Factors in Computing Systems
- 2018 **Best Paper Award for “Third party tracking...”**, WebSci’18: ACM Conference on Web Science, Amsterdam
- 2017 **DOMUS Prize for Outstanding Research Communication**, Linacre College, University of Oxford

## 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](https://doi.org/fgjt2h)

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|------|----|---|
| 2023 | C7 | <p><b>SwitchTube: A Proof-of-Concept System Introducing “Adaptable Commitment Interfaces” as a Tool for Digital Wellbeing</b></p> <p>K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker</p> <p>CHI’23: ACM Conference on Human Factors in Computing Systems</p> <p>🏆 <b>Best paper honourable mention (top 5%)</b></p> |
| 2021 | C6 | <p><b>How the Design of YouTube Influences User Sense of Agency</b></p> <p>K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker</p> <p>CHI’21: ACM Conference on Human Factors in Computing Systems</p>  |
| 2020 | C5 | <p><b>From Ancient Contemplative Practice to the App Store: Designing a Digital Container for Mindfulness</b></p> <p>K. Lukoff, U. Lyngs, S. Gueorguieva, E. S. Dillman, A. Hiniker, S. A. Munson</p> <p>DIS’20: ACM conference on Designing Interactive Systems</p>  |
|      | C4 | <p><b>“I Just Want to Hack Myself to Not Get Distracted”: Evaluating Design Interventions for Self-Control on Facebook</b></p> <p>U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt</p> <p>CHI’20: ACM Conference on Human Factors in Computing Systems</p>                                     |

- 2019 C3 **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%)
- 2018 C2 **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)
- C1 **"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

### Journal articles (fully reviewed, archival)

- 2022 J4 **The Goldilocks Level of Support: Using User Reviews, Ratings, and Installation Numbers to Investigate Digital Self-Control Tools**  
 U. Lyngs, K. Lukoff, L. Csuka, P. Slovák, M. Van Kleek, N. Shadbolt  
 IJHCS: International Journal of Human-Computer Studies, 166
- 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, 28(4)
- 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<sup>13</sup>, Cavalcanti et al. (eds.), pp. 165-187

### Extended abstracts and workshop papers

(lightly reviewed)

- 2022 A11 **Leveraging Self-Regulation Research When Designing for Digital Wellbeing**  
 U. Lyngs, K. Lukoff  
 AVI'22 Workshop: *Designing for Meaningful Interactions and Digital Wellbeing*, International Conference on Advanced Visual Interfaces

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| A10  | <b>Designing to Support Autonomy and Reduce Psychological Reactance in Digital Self-Control Tools</b><br>K. Lukoff, U. Lyngs, L. Alberts<br>CHI'22 Workshop: <i>Self-Determination Theory in HCI: Shaping a Research Agenda</i> , ACM Conference on Human Factors in Computing Systems      |
| 2020 | A09 <b>The ReDD Workshop: A Template for Supporting People in Regaining Control Over Digital Device Use</b><br>U. Lyngs, M. Freed, K. Lukoff, P. Slovak, M. Van Kleeck<br>CHI'20 Workshop: <i>Rethinking Mental Health Resources</i> , ACM Conference on Human Factors in Computing Systems |
| A08  | <b>Further Exploring Communal Technology Use in Smart Homes: Social Expectations</b><br>M. Kraemer, U. Lyngs, H. Webb, I. Flechais<br>CHI'20 EA: ACM Conference on Human Factors in Computing Systems   |
| A07  | <b>"What Could Possibly Go Wrong?" Logging HRI Data for Robot Accident Investigations</b><br>K. Winkle, M. Jirotko, U. Lyngs, C. Macrae, H. Webb, A. Winfield<br>HRI'20 Companion: ACM/IEEE International Conference on Human-Robot Interaction   |
| 2019 | A06 <b>Putting Self-Control at the Centre of Digital Wellbeing</b><br>U. Lyngs<br>CHI'19 Workshop: <i>Designing for Digital Wellbeing</i> , ACM Conference on Human Factors in Computing Systems  |
| 2018 | A05 <b>So, Tell Me What Users Want, What They Really, Really Want!</b><br>U. Lyngs, R. Binns, M. Van Kleeck, N. Shadbolt<br>CHI'18 EA (alt.chi): ACM Conference on Human Factors in Computing Systems   |
| A04  | <b>A Cognitive Design Space for Supporting Self-Regulation of ICT Use</b><br>U. Lyngs<br>CHI'18 EA: ACM Conference on Human Factors in Computing Systems  |
| 2017 | A03 <b>'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance</b><br>U. Lyngs<br>CHI'17 EA: ACM Conference on Human Factors in Computing Systems  |
| A02  | <b>'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance</b><br>U. Lyngs, R. McKay<br>CogSci'17: 39th Annual Conference of the Cognitive Science Society   |
| A01  | <b>Curiosity, ICTs, and Attention Management</b><br>U. Lyngs<br>CHI'17 Workshop: <i>Designing for Curiosity: An Interdisciplinary Workshop</i> <sup>14</sup> , ACM Conference on Human Factors in Computing Systems   |

## Publicly available research code & data

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| 2022 | <b>Data, materials, and analysis for "The Goldilocks Level of Support..." [J4]</b><br>Ulrik Lyngs, Kai Lukoff, Laura Csuka, Petr Slovák, Max Van Kleeck, Nigel Shadbolt<br><a href="https://osf.io/cdqub/">https://osf.io/cdqub/</a> |
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- 2021 **Data, materials, and analysis for “Before and after GDPR...” [J3]**  
Konrad Kollnig, Reuben Binns, Max Van Kleek, Jun Zhao, Ulrik Lyngs, Claudine Tinsman, Nigel Shadbolt  
<https://osf.io/35xps/>
- Data, materials, and analyses for my DPhil thesis “Ulysses in Cyberspace...”**  
Ulrik Lyngs  
<https://osf.io/ed3wh/>
- 2020 **Data, materials, and analysis for “I Just Want to Hack Myself...” [C4]**  
Ulrik Lyngs, Kai Lukoff, Petr Slovak, William Seymour, Helena Webb, Marina Jirotko, Jun Zhao, Max Van Kleek, Nigel Shadbolt  
<https://osf.io/qtg7h/>
- 2019 **Data, materials, and analysis for “Self-Control in Cyberspace...” [C3]**  
Ulrik Lyngs, Kai Lukoff, Petr Slovak, Reuben Binns, Adam Slack, Michael Inzlicht, Max Van Kleek, Nigel Shadbolt  
<https://osf.io/zyj4h/>
- 2018 **Data and analysis for “Third party tracking...” [C2]**  
Reuben Binns, Ulrik Lyngs, Max Van Kleek, Jun Zhao, Timothy Libert, Nigel Shadbolt  
<https://osf.io/4nu9e/>

## Research dissemination

### Press

- 2021 **Danish radio program ‘Kortsluttet’ (short-circuited) on P1**, Interviewed in the episode ‘Død over digitale distraktioner’<sup>15</sup> (P1)
- 2018 **Financial Times**<sup>16</sup>, **BBC**<sup>17</sup>, **The Times**<sup>18</sup>, **Business Insider**<sup>19</sup>, and more, Our paper “Third Party Tracking in the Mobile Ecosystem” covered in the media

### Podcasts

- 2021 Pod2 **Brainstorm podcast (Danish)**<sup>20</sup>, 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**<sup>21</sup>, 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.*

- 2023 T42 **Brave Software, Inc., Research team reading group**  
Self-Control in Cyberspace (and browsers as guardians of freedom)
- T41 **University of Oxford, Netra Tantra Seminar**, Oxford Centre for Hindu Studies  
Digital Humanities and Hindu Studies: Building a Śākta Database
- T40 **University of Oxford, DPhil research workshop, Human Centred Computing**<sup>22</sup>,  
Dept. of Computer Science  
Open and Transparent Research: Why Bother and What To Do

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|      | T39 | <b>Barnes Philosophy Club</b> <a href="#">23</a> , London<br>Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention   |
| 2022 | T38 | <b>Kynapse</b> <a href="#">24</a> , Paris, France<br>Self-Control in Cyberspace   |
|      | T37 | <b>AVI'22: International Conference on Advanced Visual Interfaces, Designing for Meaningful Interactions and Digital Wellbeing workshop</b> <a href="#">25</a> , Rome, Italy<br>Leveraging Self-Regulation Research When Designing for Digital Wellbeing  |
|      | T36 | <b>Goodenough College &amp; University of Oxford, Colloquium on AI and Regulation</b> , Venice, Italy<br>Self-Control in Cyberspace: The Attentional Challenges of Computing Technology   |
| 2021 | T35 | <b>University of Oxford, Reproducible Research Oxford</b> <a href="#">26</a><br>Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates <a href="#">27</a>  |
|      | T34 | <b>University of Oxford, Human Centred Computing</b> <a href="#">28</a> , Dept. of Computer Science<br>"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions   |
|      | T33 | <b>University of Copenhagen, International Seminar organised by the DISTRACT</b> <a href="#">29</a> <b>project: Studying the Digital Backlash</b> , Copenhagen Center for Social Data Science<br>"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions |
|      | T32 | <b>KulturRummet Thy, Thy 360</b> <a href="#">30</a> , <b>local event</b> , Thisted Library, Denmark<br>Selvkontrol i cyberspace ( <i>Self-control in cyberspace</i> )   |
|      | T31 | <b>University of Copenhagen, DISTRACT</b> <a href="#">31</a> <b>project</b> , Copenhagen Center for Social Data Science<br>The Reducing Digital Distraction workshop as research tool: methods and preliminary results  |
|      | T30 | <b>University of Copenhagen, Human-Centred Computing Section</b> <a href="#">32</a> , Dept. of Computer Science<br>Reproducible and Replicable Research   |
|      | T29 | <b>University of Oxford, Human Centred Computing</b> <a href="#">33</a> , Dept. of Computer Science<br>R Markdown in 7 Minutes  |
|      | T28 | <b>University of Oxford, Human Centred Computing</b> <a href="#">34</a> , Dept. of Computer Science<br>Reproducible and Replicable Research   |
| 2020 | T27 | <b>University of Oxford, Guest lecture in Interaction Design (IDE)</b> <a href="#">35</a> , Dept. of Computer Science<br>Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control   |
|      | T26 | <b>University of Copenhagen, DISTRACT</b> <a href="#">36</a> , Copenhagen Center for Social Data Science<br>Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention  |

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|      | T25 | <b>University of Copenhagen, COINACT<sup>37</sup></b> , Institute of Psychology<br>Cognitive Control in Cyberspace  |
|      | T24 | <b>University of Oxford, Seminars at Linacre College<sup>38</sup></b><br>'I Just Want to Hack Myself to Not Get Distracted': Do Design Interventions for Self-Control on Facebook Work?                             |
|      | T23 | <b>University of Oxford</b> , Oxford Centre for Hindu Studies, online lecture series (6 videos) <sup>39</sup> for a general audience<br>What Can Digital Humanities Offer Hindu Studies?                            |
|      | T22 | <b>University of Oxford, Śākta traditions project<sup>40</sup></b> , Oxford Centre for Hindu Studies<br>Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?   |
|      | T21 | <b>University of Washington, Design. Use. Build. (DUB) alliance<sup>41</sup></b><br>'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook                |
|      | T20 | <b>Google, Digital Wellbeing<sup>42</sup></b><br>Digital Wellbeing in Practice: Designing for Digital Self-Control  |
|      | T19 | <b>University of Copenhagen, Human-Centred Computing Section<sup>43</sup></b> , Dept. of Computer Science<br>Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies          |
|      | T18 | <b>University of Oxford, Digital Ethnography Group (OxDEG)<sup>44</sup></b> , Oxford Internet Institute<br>Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies            |
| 2019 | T17 | <b>University of Oxford, R user group Oxford<sup>45</sup></b> , St. Peter's College<br>Reproducible research with R Markdown, featuring article and PhD thesis writing  |
|      | T16 | <b>Indian Institute of Technology (IIT) Bombay, Best of CHI2019</b> , Mumbai (videolink)<br>Q&A: Self-Control in Cyberspace   |
|      | T15 | <b>University of Oxford, 2019 Oxford Computer Science Conference<sup>46</sup></b> , Dept. of Computer Science<br>Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools |
|      | T14 | <b>University of Oxford, Workshop for new DPhil (PhD) students</b> , Dept. of Computer Science<br>"Owning" Your DPhil   |
|      | T13 | <b>2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop<sup>47</sup></b> , Glasgow, UK<br>Putting Self-Control at the Centre of Digital Wellbeing                    |
| 2018 | T12 | <b>BBC, Conference on AI, Society &amp; the Media</b> , BBC Radio Theatre, New Broadcasting House, London<br>So, Tell Me What Users Want, What They Really, Really Want!  |
|      | T11 | <b>UnBias<sup>48</sup> Hackathon, CodeBase</b> , Edinburgh<br>Hacking the Attention Economy   |



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|      | T10 | <b>University of Oxford, Human Centred Computing</b> <sup>49</sup> , Dept. of Computer Science<br>Evaluating Anti-Distracted Browser Extensions for Facebook   |
| 2017 | T09 | <b>PubhD</b> <sup>50</sup> , <b>science communication and pints</b> , St Aldate's Tavern, Oxford<br>How to Build Minimally-Distracting Technology  |
|      | T08 | <b>University of Oxford, SOCIAM: The Theory and Practice of Social Machines</b> <sup>51</sup><br><b>project meeting</b> , Jesus College<br>Distraction and Self-Regulation in Social Machines  |
|      | T07 | <b>University of Oxford, DOMUS Research Communication Competition</b> , Linacre College<br>Ulysses in Cyberspace: How Anti-Distracted Apps Can Guide Digital Design  |
|      | T06 | <b>University of Oxford, 2017 Oxford Computer Science Conference</b> <sup>52</sup> , Dept. of Computer Science<br>ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market  |
|      | T05 | <b>University of Oxford, Human Centred Computing</b> <sup>53</sup> <b>workshop: <i>Being Responsible in Research: Opportunities and Challenges</i></b> workshop, Dept. of Computer Science<br>Battle of the Social Machines: Attention Management in the Information Age |
|      | T04 | <b>SOCIAM: The Theory and Practice of Social Machines</b> <sup>54</sup> , project meeting at Brockenhurst, UK<br>Attention Management in the Information Age   |
| 2015 | T03 | <b>Aarhus University, Religion, Cognition and Culture</b> <sup>55</sup> <b>research unit</b> , Institute of Culture and Society<br>Religion: A Culturally Evolved Tool for Self-Control  |
| 2014 | T02 | <b>26th Annual Human Behavior and Evolution Society Conference</b> <sup>56</sup> , Natal, Brazil<br>Fundamental Motivations and Risk-Taking: Loss Aversion in Context  |
| 2012 | T01 | <b>Homo Experimentalis: Experimental Approaches in The Study of Religion</b> <sup>57</sup> , Brno, Czech Republic<br>Effort, Loss Aversion and Religion  |

## Discussion panels

|      |    |   |
|------|----|---|
| 2021 | D3 | <b>Roundtable discussion on mental health during the COVID pandemic</b> , Coping with Isolation and Loneliness - a Conversation,  |
| 2019 | D2 | <b>Futures Thinking Conference</b> <sup>58</sup> , Psychology and Futurity, roundtable discussion on mental health  |
|      | D1 | <b>2019 Oxford Computer Science Conference</b> <sup>59</sup> , 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 | <b>University of Oxford, Connected Life Conference 2018</b> <a href="#">60</a> , Oxford Internet Institute<br>What the Anti-Distraction Market Tells Us About Digital Technology and Self-Regulation                                  |
|      | P6 | <b>2018 CHI Conference on Human Factors in Computing Systems, 3rd Symposium on Computing and Mental Health</b> <a href="#">61</a> , Montreal, Canada<br>A Cognitive Design Space for Supporting Self-Regulation of ICT Use            |
| 2017 | P5 | <b>39th Annual Conference of the Cognitive Science Society</b> <a href="#">62</a> , London<br>"It's More Fun With My Phone": A Replication Study of Cell Phone Presence and Task Performance  |
|      | P4 | <b>University of Oxford, Connected Life Conference 2017</b> <a href="#">63</a> , Oxford Internet Institute<br>Ulysses in Cyberspace: Evaluating the Anti-Distraction Market   |
|      | P3 | <b>2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop</b> <a href="#">64</a> , Denver, Colorado<br>Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market |
| 2014 | P2 | <b>Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms</b> <a href="#">65</a> , Budapest<br>Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org                                 |
| 2011 | P1 | <b>33rd Annual Conference of the Cognitive Science Society</b> <a href="#">66</a> , Boston, MA<br>Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation   |

## Blog posts

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|------|-----|--|
| 2021 | B10 | <b>ulriklyngs.com</b> , How to Adapt Any LaTeX Template for Use With R Markdown in Four Steps <a href="#">67</a>             |
| 2019 | B09 | <b>UX Collective (Medium)</b> , 367 Tools of Resistance in the Battle for Online Attention <a href="#">68</a>                |
|      | B08 | <b>ulriklyngs.com</b> , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents <a href="#">69</a> |
|      | B07 | <b>ulriklyngs.com</b> , How to Create New Chunk Options in R Markdown <a href="#">70</a>                                     |
| 2018 | B06 | <b>ulriklyngs.com</b> , How to Build Safari App Extensions <a href="#">71</a>  |
|      | B05 | <b>ulriklyngs.com</b> , R packages for CHI papers with R Markdown <a href="#">72</a>   |
|      | B04 | <b>ulriklyngs.com</b> , How to Write ACM Articles with R Markdown <a href="#">73</a>   |
| 2017 | B03 | <b>Connected Life Conference 2017</b> , Ulysses in Cyberspace <a href="#">74</a>   |
|      | B02 | <b>ulriklyngs.com</b> , Making Statistics Make Sense <a href="#">75</a>  |
| 2016 | B01 | <b>ulriklyngs.com</b> , Digging Science Out of a Hole: The Reproducibility Index <a href="#">76</a>                          |

# Teaching experience

- 2021 **Instructor, Reproducible research with R Markdown**<sup>77</sup>, Oxford|Berlin Summer School on Open Research<sup>78</sup>  
25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing
- 2020 — 2020 **Teaching assistant, Big Data Analytics**<sup>79</sup>, 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**<sup>80</sup>, TIER Faculty Development Workshop<sup>81</sup>, 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 — 2013 **Teacher, Introduction to Evolutionary Psychology**, Oxbridge International Summer School<sup>82</sup>  
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**<sup>83</sup>, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
- 2019 — present **pagedown-cv**<sup>84</sup>, 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**<sup>85</sup>, **chi20-papers-rmarkdown**<sup>86</sup>, **chi-proc-rmd-template**<sup>87</sup> & **chi-ea-template**<sup>88</sup>, for writing reproducible submissions in R Markdown to the ACM CHI conference

### Apps

- 2022 — present **MindShield**<sup>89</sup>, browser extension hiding distracting UI elements on a range of websites, including YouTube, Facebook, Twitter, Instagram, and Google Search in the Safari browser on Mac and iOS
- 2019 — present **HighlightAds for Google Search**<sup>90</sup>, 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 YouTube**<sup>91</sup>, browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
- 2019 — 2023 **"No Distractions" for Twitter**<sup>92</sup>, browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac
- 2021 — 2023 **Newsfeed toggle for Facebook**<sup>93</sup>, browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS

## Service

- 2016 — present **Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI)<sup>94</sup>, ACM CHI Conference<sup>95</sup>, Computer-Supported Cooperative Work and Social Computing<sup>96</sup>, International Journal of Human-Computer Studies<sup>97</sup>
- 2018 — 2020 **Steering group member** Transparent Statistics in Human-Computer Interaction<sup>98</sup>
- 2017 — 2018 **President of the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford
- 2018 — 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 Network**<sup>99</sup> (LERN) London, UK
- 2008 — 2012 **Chairman of the Society for the Study of Religion (RvF)**<sup>100</sup> Dept. for the Study of Religion, Aarhus University

## Selected work experience

- 2020 — present **Data Scientist and Digital Humanities Consultant**, Śākta Traditions<sup>101</sup>, 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 Economy<sup>102</sup>  
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 Machines<sup>103</sup>  
Built sociam.org<sup>104</sup>, 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 Ideas<sup>105</sup>, London  
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival *HowTheLightGetsIn*<sup>106</sup>; 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

2022 — 2022

**Invited participant to Dagstuhl Seminar on *Transparent Quantitative Research as a User Interface Problem***, Schloss Dagstuhl<sup>107</sup>, Germany

2018

**Invited participant to the Global Dialogue for Happiness**, World Government Summit<sup>108</sup>, Dubai

2017 — 2017

**Leading for Impact**<sup>109</sup> fellow, 4-month leadership training programme at Saïd Business School, University of Oxford

## Minor grants and funding

2023

**Junior Research Fellow Grant, Lucy Halsall Fund**<sup>110</sup> (£384), Support towards routine research expenses (software, subscriptions, and professional memberships)

2022

**Junior Research Fellow Grant, Lucy Halsall Fund**<sup>111</sup> (£500), US research travel: visit to Human Centered Design & Engineering<sup>112</sup>, UW, Seattle; participation in CHI'22<sup>113</sup>, New Orleans, Louisiana

2021

**Junior Research Fellow Grant, Lucy Halsall Fund**<sup>114</sup> (£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 Collective<sup>115</sup>  
Inventor, MC, keyboard player, and drummer; the KC blends 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 | <b>Steering committee member, Oxford Scandinavian Society</b> , Co-organiser of 'sittnings' (traditional Scandinavian dinner- and drinking parties), movie nights, summer BBQs and more. Webmaster at oxfordscandinavian.com    |
| 2017 — 2017 | <b>Head of Entertainment, Linacre College Ball</b> , 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 | <b>Interview Coach</b> , Oxbridge Interviews, Oxfizz <sup>116</sup><br>Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge                 |

## Links

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