

## 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/Quarto<sup>1</sup>.

## Research positions

2023 — present

### Research Associate

The Reduce Digital Distraction project, Dept. of Computer Science, University of Oxford

2021 — 2023

### 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>** (~£108k), 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 Reduce Digital Distraction (ReDD) Workshop for Oxford University students.  
Supervisor: Maureen Freed.
- 2019 — 2020 **EPSRC Doctoral Prize**<sup>10</sup> (~£28k), Supporting End-User Autonomy Over Digital Device Use.  
Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

## Awards & honours

- 2024 **Winner of the Early Career Researcher Social Impact Award, 2024**  
Mathematical, Physical and Life Sciences Impact Awards, University of Oxford  
**Best Paper Honorable Mention Award for “Empowering Students to Achieve Their Device Use Goals...”**, CHI’24: ACM Conference on Human Factors in Computing Systems
- 2023 **Reid Music Prize, for outstanding contributions to the local musical community**, Linacre College, University of Oxford  
**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 Reduce 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)

2024	C10	<p><b>"I finally felt I had the tools to control these urges": Empowering Students to Achieve Their Device Use Goals With the Reduce Digital Distraction Workshop</b></p> <p>U. Lyngs, K. Lukoff, P. Slovak, M. Inzlicht, M. Freed, H. Andrews, C. Tinsman, L. Csuka, L. Alberts, V. Oldemburgo de Mello, G. Makransky, K. Hornbæk, M. Van Kleek, N. Shadbolt</p> <p>CHI'24: ACM Conference on Human Factors in Computing Systems</p> <p>🏆 Best paper honourable mention (top 5%)</p>
	C11	<p><b>"You Can Find a Part of my Life in Every Single App": An Interview Study of What Makes Smartphone Applications Special to Their Users</b></p> <p>K. Hornbæk, U. Lyngs, O. Iarygina, M. B. Skov</p> <p>CHI'24: ACM Conference on Human Factors in Computing Systems</p>
	C09	<p><b>Computers as Bad Social Actors: Dark Patterns and Anti-Patterns in Interfaces that Act Socially</b></p> <p>L. Alberts, U. Lyngs, M. Van Kleek</p> <p>CSCW'24: ACM Conference on Computer-Supported Cooperative Work and Social Computing</p>
2023	C08	<p><b>'We are adults and deserve control of our phones': Examining the risks and opportunities of a right to repair for mobile apps</b></p> <p>K. Kollnig, S. Datta, T. Şerban von Davier, M. Van Kleek, R. Binns, U. Lyngs, N. Shadbolt</p> <p>FACCT '23: ACM Conference on Fairness, Accountability, and Transparency</p>
	C07	<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>🏆 Best paper honourable mention (top 5%)</p>
2021	C06	<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	C05	<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>
	C04	<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	C03	<p><b>Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools</b></p> <p>U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt</p> <p>CHI'19: ACM Conference on Human Factors in Computing Systems</p> <p>🏆 Best paper honourable mention (top 5%)</p>
2018	C02	<p><b>Third party tracking in the mobile ecosystem</b></p> <p>R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt</p> <p>WebSci'18: ACM Web Science Conference</p> <p>🏆 Best paper award (top 2 papers)</p>

- C01      **"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)

- 2024      J5      **Designing for Sustained Motivation: A Review of Self-Determination Theory in Behaviour Change Technologies**  
 L. Alberts, U. Lyngs, K. Lukoff  
 IwC: Interacting with Computers
- 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 [13](#), 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
- 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 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> U. Lyngs, M. Freed, K. Lukoff, P. Slovak, M. Van Kleek 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> M. Kraemer, U. Lyngs, H. Webb, I. Flechais 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> 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	<b>Putting Self-Control at the Centre of Digital Wellbeing</b> U. Lyngs 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> U. Lyngs, R. Binns, M. Van Kleek, N. Shadbolt 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> U. Lyngs 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> U. Lyngs 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> U. Lyngs, R. McKay CogSci'17: 39th Annual Conference of the Cognitive Science Society
	A01	<b>Curiosity, ICTs, and Attention Management</b> U. Lyngs 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

2022	<b>Data, materials, and analysis for "The Goldilocks Level of Support..." [J4]</b> Ulrik Lyngs, Kai Lukoff, Laura Csuka, Petr Slovák, Max Van Kleek, Nigel Shadbolt <a href="https://osf.io/cdqub/">https://osf.io/cdqub/</a>
2021	<b>Data, materials, and analysis for "Before and after GDPR..." [J3]</b> Konrad Kollnig, Reuben Binns, Max Van Kleek, Jun Zhao, Ulrik Lyngs, Claudine Tinsman, Nigel Shadbolt <a href="https://osf.io/35xps/">https://osf.io/35xps/</a>

## 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

2023

Canadian magazine *Healthy Debate*<sup>15</sup>, Interviewed for the article "Everything is at stake here': Startups aim to break addictions to social media"<sup>16</sup>

2023

Danish newspaper *Jyllandsposten*<sup>17</sup>, Interviewed for the article 'Fem digitale tricks, der hjælper dig med at få styr på dit digitale liv'<sup>18</sup> (*Five digital tricks that help you get your digital life sorted*)

2023

Danish newspaper *Jyllandsposten*<sup>19</sup>, Interviewed for the article 'Hvorfor kan vi bare ikke lade være med at scrolle på vores mobiltelefon?'<sup>20</sup> (*Why can't we just stop scrolling on our mobile phone?*)

2021

Danish radio program 'Kortsluttet' (*short-circuited*) on P1, Interviewed in the episode 'Død over digitale distraktioner'<sup>21</sup> (P1) (*Death to digital distractions*)

2018

*Financial Times*<sup>22</sup>, *BBC*<sup>23</sup>, *The Times*<sup>24</sup>, *Business Insider*<sup>25</sup>, and more, Our paper "Third Party Tracking in the Mobile Ecosystem" covered in international media

### Podcasts

2024

Pod3

Danish Dialogues, #8 - Ulrik Lyngs (Digital Self-Control Expert<sup>26</sup>

2021

Pod2

Brainstorm podcast (Danish)<sup>27</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>28</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.*

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|------|-----|--|
| 2024 | T48 | <b>SYNC Digital Wellbeing Summit<sup>29</sup>, Ithra, Global Digital Wellbeing Assembly,</b><br>Dharan, Saudi Arabia<br>Empowering People to Achieve Digital Wellbeing With Digital Focus Tools  |
|      | T47 | <b>University of Copenhagen, DIKU Bits<sup>30</sup>,</b> Dept. of Computer Science<br>Empowering Students to Achieve Their Device Use Goals With the Reduce Digital Distraction Workshop   |
|      | T46 | <b>University of Oxford, Linacre Seminar Series,</b> Linacre College<br>Self-Control in Cyberspace: Empowering People to Achieve Their Device Use Goals  |
| 2023 | T45 | <b>Tjek på Tech ('Technology in Check'), networking conference organised by Danish NGO Børns Vilkår<sup>31</sup>,</b> Copenhagen, Denmark<br>Selvkontrol i cyberspace: Hvordan giver vi børn og unge de praktiske værktøjer de har brug for?<br><i>(Self-control in cyberspace: How can we give children and youth the practical tools they need?)</i> |
|      | T44 | <b>Oxford Ideas Festival 2023, In conversation with Elaine Kasket<sup>32</sup>,</b> Somerville College chapel<br>Reclaiming your life in a tech-obsessed world <sup>33</sup>   |
|      | T43 | <b>Children and Screens: Institute of Digital Media and Child Development, Digital Media and Developing Minds<sup>34</sup>,</b> 2023 International Congress, Washington, DC<br>Empowering Adolescents to Self-Regulate Their Use of Digital Devices: A Pilot Study in Danish High Schools  |
|      | T42 | <b>Brave Software, Inc., Research team reading group</b><br>Self-Control in Cyberspace (and browsers as guardians of freedom)  |
|      | T41 | <b>University of Oxford, Netra Tantra Seminar,</b> Oxford Centre for Hindu Studies<br>Digital Humanities and Hindu Studies: Building a Śākta Database  |
|      | T40 | <b>University of Oxford, DPhil research workshop, Human Centred Computing<sup>35</sup>,</b> Dept. of Computer Science<br>Open and Transparent Research: Why Bother and What To Do  |
|      | T39 | <b>Barnes Philosophy Club<sup>36</sup>,</b> London<br>Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention   |
| 2022 | T38 | <b>Kynapse<sup>37</sup>,</b> 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<sup>38</sup>,</b> Rome, Italy<br>Leveraging Self-Regulation Research When Designing for Digital Wellbeing  |



2021	T36	<b>Goodenough College &amp; University of Oxford, Colloquium on AI and Regulation</b> , Venice, Italy Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
	T35	<b>University of Oxford</b> , Reproducible Research Oxford <sup>39</sup> Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates <sup>40</sup>
	T34	<b>University of Oxford, Human Centred Computing</b> <sup>41</sup> , Dept. of Computer Science "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> <sup>42</sup> project: <i>Studying the Digital Backlash</i> , Copenhagen Center for Social Data Science "Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
	T32	<b>KulturRummet Thy, Thy 360</b> <sup>43</sup> , local event, Thisted Library, Denmark Selvkontrol i cyberspace ( <i>Self-control in cyberspace</i> )
	T31	<b>University of Copenhagen, DISTRACT</b> <sup>44</sup> project, Copenhagen Center for Social Data Science The Reduce Digital Distraction workshop as research tool: methods and preliminary results
	T30	<b>University of Copenhagen, Human-Centred Computing Section</b> <sup>45</sup> , Dept. of Computer Science Reproducible and Replicable Research
	T29	<b>University of Oxford, Human Centred Computing</b> <sup>46</sup> , Dept. of Computer Science R Markdown in 7 Minutes
	T28	<b>University of Oxford, Human Centred Computing</b> <sup>47</sup> , Dept. of Computer Science Reproducible and Replicable Research
	T27	<b>University of Oxford, Guest lecture in Interaction Design (IDE)</b> <sup>48</sup> , Dept. of Computer Science Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
2020	T26	<b>University of Copenhagen, DISTRACT</b> <sup>49</sup> , Copenhagen Center for Social Data Science Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention
	T25	<b>University of Copenhagen, COINACT</b> <sup>50</sup> , Institute of Psychology Cognitive Control in Cyberspace
	T24	<b>University of Oxford, Seminars at Linacre College</b> <sup>51</sup> '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>52</sup> for a general audience What Can Digital Humanities Offer Hindu Studies?



2019	T22	<b>University of Oxford, Śākta traditions project</b> <a href="#">53</a> , Oxford Centre for Hindu Studies Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
	T21	<b>University of Washington, Design. Use. Build. (DUB) alliance</b> <a href="#">54</a> 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook <a href="#">55</a>
	T20	<b>Google, Digital Wellbeing</b> <a href="#">56</a> Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	<b>University of Copenhagen, Human-Centred Computing Section</b> <a href="#">57</a> , Dept. of Computer Science Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T18	<b>University of Oxford, Digital Ethnography Group (OxDEG)</b> <a href="#">58</a> , Oxford Internet Institute Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T17	<b>University of Oxford, R user group Oxford</b> <a href="#">59</a> , St. Peter's College 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) Q&A: Self-Control in Cyberspace
	T15	<b>University of Oxford, 2019 Oxford Computer Science Conference</b> <a href="#">60</a> , Dept. of Computer Science 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 "Owning" Your DPhil
	T13	<b>2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop</b> <a href="#">61</a> , Glasgow, UK 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 So, Tell Me What Users Want, What They Really, Really Want!
	T11	<b>UnBias</b> <a href="#">62</a> Hackathon, CodeBase, Edinburgh Hacking the Attention Economy
	T10	<b>University of Oxford, Human Centred Computing</b> <a href="#">63</a> , Dept. of Computer Science Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	<b>PubhD</b> <a href="#">64</a> , science communication and pints, St Aldate's Tavern, Oxford How to Build Minimally-Distracting Technology
	T08	<b>University of Oxford, SOCIAM: The Theory and Practice of Social Machines</b> <a href="#">65</a> project meeting, Jesus College Distraction and Self-Regulation in Social Machines

T07	<b>University of Oxford, DOMUS Research Communication Competition</b> , Linacre College Ulysses in Cyberspace: How Anti-Distractive Apps Can Guide Digital Design
T06	<b>University of Oxford, 2017 Oxford Computer Science Conference</b> <sup>66</sup> , Dept. of Computer Science ICTs and Attention Management: Evaluating the Emerging Anti-Distractive Market
T05	<b>University of Oxford, Human Centred Computing</b> <sup>67</sup> <b>workshop: <i>Being Responsible in Research: Opportunities and Challenges</i> workshop</b> , Dept. of Computer Science Battle of the Social Machines: Attention Management in the Information Age
T04	<b>SOCIAM: The Theory and Practice of Social Machines</b> <sup>68</sup> , project meeting at Brockenhurst, UK Attention Management in the Information Age
2015	T03 <b>Aarhus University, Religion, Cognition and Culture</b> <sup>69</sup> <b>research unit</b> , Institute of Culture and Society Religion: A Culturally Evolved Tool for Self-Control
2014	T02 <b>26th Annual Human Behavior and Evolution Society Conference</b> <sup>70</sup> , Natal, Brazil Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01 <b>Homo Experimentalis: Experimental Approaches in The Study of Religion</b> <sup>71</sup> , Brno, Czech Republic 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>72</sup> , Psychology and Futurity, roundtable discussion on mental health
	D1 <b>2019 Oxford Computer Science Conference</b> <sup>73</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> <sup>74</sup> , Oxford Internet Institute What the Anti-Distractive 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> <sup>75</sup> , Montreal, Canada 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="#">76</a> , London "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="#">77</a> , Oxford Internet Institute 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="#">78</a> , Denver, Colorado 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="#">79</a> , Budapest Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	<b>33rd Annual Conference of the Cognitive Science Society</b> <a href="#">80</a> , Boston, MA Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation

## Blog posts

2021	B10	<b>ulriklyngs.com</b> , How to Adapt Any LaTeX Template for Use With R Markdown in Four Steps <a href="#">81</a>
2019	B09	<b>UX Collective (Medium)</b> , 367 Tools of Resistance in the Battle for Online Attention <a href="#">82</a>
	B08	<b>ulriklyngs.com</b> , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents <a href="#">83</a>
	B07	<b>ulriklyngs.com</b> , How to Create New Chunk Options in R Markdown <a href="#">84</a>
2018	B06	<b>ulriklyngs.com</b> , How to Build Safari App Extensions <a href="#">85</a>
	B05	<b>ulriklyngs.com</b> , R packages for CHI papers with R Markdown <a href="#">86</a>
	B04	<b>ulriklyngs.com</b> , How to Write ACM Articles with R Markdown <a href="#">87</a>
2017	B03	<b>Connected Life Conference 2017</b> , Ulysses in Cyberspace <a href="#">88</a>
	B02	<b>ulriklyngs.com</b> , Making Statistics Make Sense <a href="#">89</a>
2016	B01	<b>ulriklyngs.com</b> , Digging Science Out of a Hole: The Reproducibility Index <a href="#">90</a>

## Teaching experience

2023		<b>Instructor, Digital Humanities</b> , Oxford Centre for Hindu Studies' Summer University in Kathmandu <a href="#">91</a> Gave lecture and hands-on workshop on use of computational methods in hindu studies, to 24 international students.
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2021	<b>Instructor, Reproducible research with R Markdown</b> <sup>92</sup> , OxfordlBerlin Summer School on Open Research <sup>93</sup> 25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing
2020	<b>Teaching assistant, Big Data Analytics</b> <sup>94</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	<b>Instructor, Reproducible research with R Markdown</b> <sup>95</sup> , TIER Faculty Development Workshop <sup>96</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	<b>Teacher, Introduction to Evolutionary Psychology</b> , Oxbridge International Summer School <sup>97</sup> 10 high school students. Organised and taught a 2-week course with group and individual tutorials
2010 — 2011	<b>Teaching assistant, Philosophy, theory of science, and university history</b> , 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	<b>oxforddown</b> <sup>98</sup> , for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
2019 — present	<b>pagedown-cv</b> <sup>99</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	<b>chi-2021-rmd-template</b> <sup>100</sup> , <b>chi20-papers-rmarkdown</b> <sup>101</sup> , <b>chi-proc-rmd-template</b> <sup>102</sup> & <b>chi-ea-template</b> <sup>103</sup> , for writing reproducible submissions in R Markdown to the ACM CHI conference

### Apps

2022 — present	<b>MindShield</b> <sup>104</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	<b>HighlightAds for Google Search</b> <sup>105</sup> , browser extension that adds a background color to search results on Google that are ads in the Safari browser on Mac
2019 — present	<b>"No Distractions" for YouTube</b> <sup>106</sup> , browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
2019 — 2023	<b>"No Distractions" for Twitter</b> <sup>107</sup> , browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac
2021 — 2023	<b>Newsfeed toggle for Facebook</b> <sup>108</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>109</sup>, ACM CHI Conference<sup>110</sup>, Computer-Supported Cooperative Work and Social Computing<sup>111</sup>, International Journal of Human-Computer Studies<sup>112</sup>
- 2018 — 2020 **Steering group member** Transparent Statistics in Human-Computer Interaction<sup>113</sup>
- 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 Network<sup>114</sup> (LERN)** London, UK
- 2008 — 2012 **Chairman of the Society for the Study of Religion (RvF)<sup>115</sup>** Dept. for the Study of Religion, Aarhus University

## Selected work experience

- 2020 — present **Data Scientist and Digital Humanities Consultant**, Śākta Traditions<sup>116</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>117</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>118</sup>  
Built sociam.org<sup>119</sup>, which archives outputs of a 5.5 year EPSCR 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>120</sup>, London  
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn<sup>121</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 **Invited participant to Dagstuhl Seminar on *Transparent Quantitative Research as a User Interface Problem***, Schloss Dagstuhl<sup>122</sup>, Germany
- 2018 **Invited participant to the Global Dialogue for Happiness**, World Government Summit<sup>123</sup>, Dubai
- 2017 **Leading for Impact<sup>124</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>125</sup>** (£384), Support towards routine research expenses (software, subscriptions, and professional memberships)
- 2022 **Junior Research Fellow Grant, Lucy Halsall Fund<sup>126</sup>** (£500), US research travel: visit to Human Centered Design & Engineering<sup>127</sup>, UW, Seattle; participation in CHI'22<sup>128</sup>, New Orleans, Louisiana
- 2021 **Junior Research Fellow Grant, Lucy Halsall Fund<sup>129</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>130</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 **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

# Links

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