

Ulrik Lyngs

Curriculum vitae

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.

Contact

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Awards and honours

- 2020 **Winner of the 2020 Oxford Three Minute Thesis competition**, Mathematical, Physical and Life Sciences Division, University of Oxford
- 2020 **Commendation Certificate for the Reducing Digital Distraction Workshop**, MPLS Impact Awards, University of Oxford
- 2019 **Best Talk Award**, 2019 Oxford Computer Science Conference, University of Oxford
- 2019 **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

Selected major grants

- 2023 **EPSRC Impact Acceleration Account** (~£74k), Preparing the Reduce Digital Distraction (ReDD) Workshop for Impact across the UK higher education sector
- 2021 **Carlsberg Foundation Visiting Fellowship at University of Oxford** (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions
- 2019 **EPSRC Doctoral Prize** (~£28k), Supporting End-User Autonomy Over Digital Device Use

Education

- 2016 **DPhil in Computer Science**, University of Oxford
- 2012 **MSc in Cognitive and Evolutionary Anthropology**, University of Oxford
- 2011 **MA in the Study of Religion & Psychology**, Aarhus University
- 2007 **BA in the Study of Religion & Psychology**, Aarhus University

Selected teaching experience

- 2021 **Instructor, Reproducible research with R Markdown**, Oxford | Berlin Summer School on Open Research
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**, 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**, TIER Faculty Development Workshop, 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

Selected talks

- 2023 **Brave Software, Inc., Research team reading group**
Self-Control in Cyberspace (and browsers as guardians of freedom)
- 2023 **Barnes Philosophy Club, London**
Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention
- 2022 **Kynapse, Paris, France**
Self-Control in Cyberspace
- 2022 **Goodenough College & University of Oxford, Colloquium on AI and Regulation, Venice, Italy**
Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
- 2020 **University of Oxford, Guest lecture in Interaction Design (IDE), Dept. of Computer Science**
Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
- 2020 **University of Washington, Design. Use. Build. (DUB) alliance**
'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook
- 2020 **Google, Digital Wellbeing**
Digital Wellbeing in Practice: Designing for Digital Self-Control
- 2020 **University of Copenhagen, Human-Centred Computing Section, Dept. of Computer Science**
Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
- 2019 **Indian Institute of Technology (IIT) Bombay, Best of CHI2019, Mumbai (videolink)**
Q&A: Self-Control in Cyberspace
- 2019 **2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop, Glasgow, UK**
Putting Self-Control at the Centre of Digital Wellbeing
- 2018 **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!

Selected media & panels

- 2021 **Brainstorm podcast (Danish), 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 **University of Oxford Podcasts, Your Digital Life During Lockdown ****
- 2021 **Danish radio program 'Kortsluttet' (short-circuited) on P1, Interviewed in the episode 'Død over digitale distraktioner' (P1) (*Death to digital distractions*)**
- 2018 **Financial Times, BBC, The Times, Business Insider, and more, Our paper "Third Party Tracking in the Mobile Ecosystem" covered in the media ****

Professional development

- 2022 **Invited participant to Dagstuhl Seminar on Transparent Quantitative Research as a User Interface Problem, Schloss Dagstuhl, Germany**
- 2018 **Invited participant to the Global Dialogue for Happiness, World Government Summit, Dubai**
- 2017 **Leading for Impact fellow, 4-month leadership training programme at Saïd Business School, University of Oxford**

Selected service

- 2016 **Reviewer ACM Transactions on Computer-Human Interaction (TOCHI), ACM CHI Conference, Computer-Supported Cooperative Work and Social Computing, International Journal of Human-Computer Studies**
- 2018 **Steering group member Transparent Statistics in Human-Computer Interaction**
- 2017 **President of the Computer Science Graduate Society (CoGS) Dept. of Computer Science, University of Oxford**