

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 **Postdoctoral Researcher**
Carlsberg Foundation & Dept. of Computer Science, University of Oxford

Education

2016 **DPhil in Computer Science**, University of Oxford
Supervisor: Sir Nigel Shadbolt²
Thesis: Examining the effectiveness of design patterns for digital self-control

2012 **MSc in Cognitive and Evolutionary Anthropology**, University of Oxford
Supervisor: Oliver Curry³
Thesis: Fundamental motivations and risk-taking

2011 **MA in the Study of Religion & Psychology**, Aarhus University
Supervisor: Uffe Schjødt⁴
Thesis: Religion as a cultural tool for cognitive control

2007 **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

2023 **EPSRC Impact Acceleration Account**⁷ (~£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**⁸ (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions

2020 **van Houten Fund**⁹ (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students.
Supervisor: Maureen Freed.

2019 **EPSRC Doctoral Prize**¹⁰ (~£28k), Supporting End-User Autonomy Over Digital Device Use.
Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

Awards & honours

2020 **Winner of the 2020 Oxford Three Minute Thesis competition**¹¹, Mathematical, Physical and Life Sciences Division, University of Oxford
Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards¹², 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

2023 C7 **SwitchTube: A Proof-of-Concept System Introducing "Adaptable Commitment Interfaces" as a Tool for Digital Wellbeing**
K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker
CHI'23ACM Conference on Human Factors in Computing Systems

2021 C6 **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'21ACM Conference on Human Factors in Computing Systems

2020 C5 **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'20ACM conference on Designing Interactive Systems

C4 **"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'20ACM Conference on Human Factors in Computing Systems

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'19ACM 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'18ACM 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'18ACM 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
IJHCSInternational 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
NAInternet Policy Review, 10(4)
- J2 **Designing for Youth-Centered Moderation and Community Governance in Minecraft**
K. Salen Tekinbaş, K. Jagannath, U. Lyngs, P. Slovák
TOCHIACM 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:HPPJournal 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 Robotics13, 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 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 *Designing for Curiosity: An Interdisciplinary Workshop*¹⁴, ACM Conference on Human Factors in Computing Systems

Publicly available research code & data

- 2022 **Data, materials, and analysis for "The Goldilocks Level of Support..." [J4]**
 Ulrik Lyngs, Kai Lukoff, Laura Csuka, Petr Slovák, Max Van Kleek, Nigel Shadbolt
<https://osf.io/cdqub/>
- 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’¹⁵ (P1)
- 2018 **Financial Times**¹⁶, **BBC**¹⁷, **The Times**¹⁸, **Business Insider**¹⁹, and more, Our paper “Third Party Tracking in the Mobile Ecosystem” covered in the media

Podcasts

- 2021 Pod2 **Brainstorm podcast (Danish)**²⁰, 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**²¹, 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**²²,
Dept. of Computer Science
Open and Transparent Research: Why Bother and What To Do
- T39 **Barnes Philosophy Club**²³, London
Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention
- 2022 T38 **Kynapse**²⁴, Paris, France
Self-Control in Cyberspace

- T37 **AVI'22: International Conference on Advanced Visual Interfaces, Designing for Meaningful Interactions and Digital Wellbeing workshop**²⁵, Rome, Italy
Leveraging Self-Regulation Research When Designing for Digital Wellbeing
- T36 **Goodenough College & University of Oxford, Colloquium on AI and Regulation**, Venice, Italy
Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
- 2021 T35 **University of Oxford, Reproducible Research Oxford**²⁶
Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates²⁷
- T34 **University of Oxford, Human Centred Computing**²⁸, 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**²⁹ 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**³⁰, local event, Thisted Library, Denmark
Selvkontrol i cyberspace (*Self-control in cyberspace*)
- T31 **University of Copenhagen, DISTRACT**³¹ 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**³², Dept. of Computer Science
Reproducible and Replicable Research
- T29 **University of Oxford, Human Centred Computing**³³, Dept. of Computer Science
R Markdown in 7 Minutes
- T28 **University of Oxford, Human Centred Computing**³⁴, Dept. of Computer Science
Reproducible and Replicable Research
- 2020 T27 **University of Oxford, Guest lecture in Interaction Design (IDE)**³⁵, Dept. of Computer Science
Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
- T26 **University of Copenhagen, DISTRACT**³⁶, Copenhagen Center for Social Data Science
Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention
- T25 **University of Copenhagen, COINACT**³⁷, Institute of Psychology
Cognitive Control in Cyberspace
- T24 **University of Oxford, Seminars at Linacre College**³⁸
'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)³⁹ for a general audience
What Can Digital Humanities Offer Hindu Studies?
- T22 **University of Oxford, Śākta traditions project**⁴⁰, Oxford Centre for Hindu Studies
Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
- T21 **University of Washington, Design. Use. Build. (DUB) alliance**⁴¹
'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook
- T20 **Google, Digital Wellbeing**⁴²
Digital Wellbeing in Practice: Designing for Digital Self-Control
- T19 **University of Copenhagen, Human-Centred Computing Section**⁴³, Dept. of Computer Science
Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
- T18 **University of Oxford, Digital Ethnography Group (OxDEG)**⁴⁴, Oxford Internet Institute
Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
- 2019 T17 **University of Oxford, R user group Oxford**⁴⁵, 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 Conference**⁴⁶, Dept. of Computer Science
Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
- 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 Workshop**⁴⁷, Glasgow, UK
Putting Self-Control at the Centre of Digital Wellbeing
- 2018 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 **UnBias**⁴⁸ Hackathon, CodeBase, Edinburgh
Hacking the Attention Economy
- T10 **University of Oxford, Human Centred Computing**⁴⁹, Dept. of Computer Science
Evaluating Anti-Distraction Browser Extensions for Facebook
- 2017 T09 **PubhD**⁵⁰, 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 Machines⁵¹ 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 Conference⁵²**, Dept. of Computer Science
ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market
- T05 **University of Oxford, Human Centred Computing⁵³ workshop: *Being Responsible in Research: Opportunities and Challenges* workshop**, Dept. of Computer Science
Battle of the Social Machines: Attention Management in the Information Age
- T04 **SOCIAM: The Theory and Practice of Social Machines⁵⁴**, project meeting at Brockenhurst, UK
Attention Management in the Information Age
- 2015 T03 **Aarhus University, Religion, Cognition and Culture⁵⁵ research unit**, Institute of Culture and Society
Religion: A Culturally Evolved Tool for Self-Control
- 2014 T02 **26th Annual Human Behavior and Evolution Society Conference⁵⁶**, Natal, Brazil
Fundamental Motivations and Risk-Taking: Loss Aversion in Context
- 2012 T01 **Homo Experimentalis: Experimental Approaches in The Study of Religion⁵⁷**, 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 Conference⁵⁸**, Psychology and Futurity, roundtable discussion on mental health
- D1 **2019 Oxford Computer Science Conference⁵⁹**, 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 2018⁶⁰**, 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 Health⁶¹**, Montreal, Canada
A Cognitive Design Space for Supporting Self-Regulation of ICT Use

- P4 **University of Oxford, Connected Life Conference 2017**⁶³, Oxford Internet Institute
Ulysses in Cyberspace: Evaluating the Anti-Distraction Market
- P3 **2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop**⁶⁴, Denver, Colorado
Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
- 2014 P2 **Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms**⁶⁵, Budapest
Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
- 2011 P1 **33rd Annual Conference of the Cognitive Science Society**⁶⁶, 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 Steps⁶⁷
- 2019 B09 **UX Collective (Medium)**, 367 Tools of Resistance in the Battle for Online Attention⁶⁸
- B08 **ulriklyngs.com**, How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents⁶⁹
- B07 **ulriklyngs.com**, How to Create New Chunk Options in R Markdown⁷⁰
- 2018 B06 **ulriklyngs.com**, How to Build Safari App Extensions⁷¹
- B05 **ulriklyngs.com**, R packages for CHI papers with R Markdown⁷²
- B04 **ulriklyngs.com**, How to Write ACM Articles with R Markdown⁷³
- 2017 B03 **Connected Life Conference 2017**, Ulysses in Cyberspace⁷⁴
- B02 **ulriklyngs.com**, Making Statistics Make Sense⁷⁵
- 2016 B01 **ulriklyngs.com**, Digging Science Out of a Hole: The Reproducibility Index⁷⁶

Teaching experience

- 2021 **Instructor, Reproducible research with R Markdown**⁷⁷, Oxford|Berlin Summer School on Open Research⁷⁸
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**⁷⁹, 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**⁸⁰, TIER Faculty Development Workshop⁸¹, 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 School⁸²
10 high school students. Organised and taught a 2-week course with group and individual tutorials
- 2010 **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 **oxforddown**⁸³, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
- 2019 **pagedown-cv**⁸⁴, 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 **chi-2021-rmd-template**⁸⁵, **chi20-papers-rmarkdown**⁸⁶, **chi-proc-rmd-template**⁸⁷ & **chi-ea-template**⁸⁸, for writing reproducible submissions in R Markdown to the ACM CHI conference

Apps

- 2021 **Newsfeed toggle for Facebook**⁸⁹, browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS
- 2019 **"No Distractions" for YouTube**⁹⁰, browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
- 2019 **HighlightAds for Google Search**⁹¹, browser extension that adds a background color to search results on Google that are ads in the Safari browser on Mac
- 2019 **"No Distractions" for Twitter**⁹², browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac

Service

- 2016 **Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI)⁹³, ACM CHI Conference⁹⁴, Computer-Supported Cooperative Work and Social Computing⁹⁵, International Journal of Human-Computer Studies⁹⁶
- 2018 **Steering group member** Transparent Statistics in Human-Computer Interaction⁹⁷
- 2017 **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 **DPhil representative in the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford

- 2012 **Executive committee member in the London Evolutionary Research Network**⁹⁸ (LERN) London, UK
- 2008 **Chairman of the Society for the Study of Religion (RvF)**⁹⁹ Dept. for the Study of Religion, Aarhus University

Selected work experience

- 2020 **Data Scientist and Digital Humanities Consultant**, Śākta Traditions¹⁰⁰, 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 **Research Assistant**, RoboTIPS: Developing Responsible Robots for the Digital Economy¹⁰¹
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 **Web developer**, Dept. of Computer Science, University of Oxford: SOCIAM: The Theory and Practice of Social Machines¹⁰²
Built sociam.org¹⁰³, 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 **Bartender**, Linacre College, University of Oxford
- 2013 **Festival Producer and Manager**, Institute of Art and Ideas¹⁰⁴, London
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn¹⁰⁵; 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 Dagstuhl¹⁰⁶, Germany
- 2018 **Invited participant to the Global Dialogue for Happiness**, World Government Summit¹⁰⁷, Dubai
- 2017 **Leading for Impact**¹⁰⁸ 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**¹⁰⁹ (£384), Support towards routine research expenses (software, subscriptions, and professional memberships)
- 2022 **Junior Research Fellow Grant, Lucy Halsall Fund**¹¹⁰ (£500), US research travel: visit to Human Centered Design & Engineering¹¹¹, UW, Seattle; participation in CHI'22¹¹², New Orleans, Louisiana

- 2021 **Junior Research Fellow Grant, Lucy Halsall Fund**¹¹³ (£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 **Founding Band Member**, The Karaoke Collective¹¹⁴
Inventor, MC, keyboard player, and drummer; the KC blends the fun of karaoke with the magic of a live band.
- 2017 **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 **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 **Interview Coach**, Oxbridge Interviews, Oxfizz¹¹⁵
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.mpls.ox.ac.uk/research-funding/impact-and-innovation/iaa>
8. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt/CF20_0678_Ulrik-Lyngs
9. <https://governance.admin.ox.ac.uk/van-houten-fund>
10. <https://epsrc.ukri.org/skills/students/dta/doctoralprize/>
11. <https://www.ox.ac.uk/students/three-minute-thesis-competition>
12. <https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter-reception>
13. <https://link.springer.com/book/10.1007/978-3-030-66494-7>
14. <https://dl.acm.org/doi/10.1145/3027063.3027064>
15. <https://www.dr.dk/radio/p1/kortsluttet/kortsluttet-62?fbclid=iwar2cnu58gu19ym6m0zv48z2tcwqni56xsxmiszkkuqne9efjqwg8w4zgylw>
16. <https://ig.ft.com/mobile-app-data-trackers/>
17. <https://www.bbc.co.uk/news/technology-45952466>
18. <https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj>
19. <https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T>
20. <https://videnskab.dk/kultur-samfund/slip-nu-den-telefon-fire-gode-raad-til-at-undgaa-tidsroevende-distraktioner-paa>
21. <https://podcasts.ox.ac.uk/your-digital-life-during-lockdown>
22. <https://hcc.cs.ox.ac.uk>
23. <http://barnesphiloclub.blogspot.com>
24. <https://www.kynapse.fr>
25. <https://sites.google.com/view/design4dwb>
26. <https://ox.ukrn.org>
27. <https://youtu.be/aU0uetWJXis>
28. <https://hcc.cs.ox.ac.uk>
29. <https://sodas.ku.dk/projects/distract/>
30. <https://thy360.dk/event/selvkontrol-i-cyberspace/8500>
31. <https://sodas.ku.dk/projects/distract/>
32. <https://di.ku.dk/english/research/human-centred-computing/>
33. <https://hcc.cs.ox.ac.uk>

34. <https://hcc.cs.ox.ac.uk>
35. <https://hip.cat/emax/teaching>
36. <https://sodas.ku.dk/projects/distract/>
37. <https://psychology.ku.dk/coinact/>
38. <https://www.linacre.ox.ac.uk/event-type/linacre-seminar>
39. https://www.youtube.com/playlist?list=PLkIUogDmN_nAEqQphmDffOMBp5IjN-jXA
40. <http://saktatraditions.org>
41. <https://dub.washington.edu/seminar.html>
42. <https://wellbeing.google>
43. <https://di.ku.dk/english/research/human-centred-computing/>
44. <https://www.oii.ox.ac.uk/research/projects/oxdeg/>
45. <https://twitter.com/rusersoxford>
46. <https://oxfordcsc.com>
47. <https://digitalwellbeingworkshop.wordpress.com>
48. <https://unbias.wp.horizon.ac.uk/>
49. <https://hcc.cs.ox.ac.uk>
50. <http://pubhd.org>
51. <https://sociam.org>
52. <https://oxfordcsc.com>
53. <https://hcc.cs.ox.ac.uk>
54. <https://sociam.org>
55. <https://rcc.au.dk>
56. <https://www.hbes.com/conference/>
57. <https://religionistika.phil.muni.cz/levyna2012/program.php>
58. <https://www.torch.ox.ac.uk/event/futures-thinking-conference-details>
59. <https://oxfordcsc.com>
60. <https://connectedlife.oii.ox.ac.uk/past-conferences/conference-life-2018/>
61. <https://dl.acm.org/doi/10.1145/3170427.3170665>
62. <https://cogsci.mindmodeling.org/2017/>
63. <https://connectedlife.oii.ox.ac.uk/past-conferences/connected-life-2017/>
64. <https://dl.acm.org/doi/10.1145/3027063.3027064>

65. <https://summeruniversity.ceu.edu/morality-2014>
66. <http://toc.proceedings.com/12584webtoc.pdf>
67. <https://ulriklyngs.com/post/2021/12/02/how-to-adapt-any-latex-template-for-use-with-r-markdown-in-four-steps/>
68. <https://uxdesign.cc/367-tools-of-resistance-in-the-battle-for-online-attention-2a92ca282a65>
69. <https://ulriklyngs.com/post/2019/02/20/how-to-use-pandoc-filters-for-advanced-customisation-of-your-r-markdown-documents/>
70. <https://ulriklyngs.com/post/2019/02/03/how-to-create-new-chunk-options-in-r-markdown/>
71. <https://ulriklyngs.com/post/2018/11/02/how-to-build-safari-app-extensions/>
72. <https://ulriklyngs.com/post/2018/10/29/r-packages-for-chi-papers-with-r-markdown/>
73. <https://ulriklyngs.com/post/2018/07/18/how-to-write-acm-articles-with-r-markdown/>
74. <http://connectedlife.oii.ox.ac.uk/ulysses-in-cyberspace/>
75. <https://ulriklyngs.com/post/2017/02/26/making-statistics-make-sense/>
76. <https://ulriklyngs.com/post/2016/09/26/digging-science-out-of-a-hole-the-reproducibility-index/>
77. <https://ulyngs.github.io/oxberlin-2021-rmd-workshop/>
78. <https://s-quest.bihealth.org/BeOx/index.html>
79. <https://www.oii.ox.ac.uk/study/courses/big-data-analytics/>
80. <https://ulyngs.github.io/rmarkdown-workshop-2019/>
81. <https://www.projecttier.org/fellowships-and-workshops/faculty-development-workshops/>
82. <https://oxfizz.org/>
83. <https://github.com/ulyngs/oxforddown>
84. <https://github.com/ulyngs/pagedown-cv>
85. <https://github.com/ulyngs/chi-2021-rmd-template>
86. <https://github.com/ulyngs/chi20-papers-rmarkdown>
87. <https://github.com/ulyngs/chi-proc-rmd-template>
88. <https://github.com/ulyngs/chi-ea-rmd-template>
89. <https://apps.apple.com/gb/app/newsfeed-toggle-for-facebook/id1598798014>
90. <https://apps.apple.com/gb/app/no-distractions-for-youtube/id1482507016?mt=12>
91. <https://apps.apple.com/gb/app/highlightads-for-google-search/id1496633107?mt=12>
92. <https://apps.apple.com/gb/app/no-distractions-for-twitter/id1486155792?mt=12>
93. <http://tochi.acm.org/>

94. <https://sigchi.org/>
95. <http://cscw.acm.org/2019/>
96. <https://www.journals.elsevier.com/international-journal-of-human-computer-studies>
97. <https://transparentstatistics.org>
98. <https://londonevolution.org>
99. <https://studerende.au.dk/studier/fagportaler/arts/religionsvidenskabelig-forening/>
100. <http://saktatraditions.org/people/>
101. <https://www.cs.ox.ac.uk/projects/RoboTIPS/index.html>
102. <https://sociam.org>
103. <https://www.sociam.org>
104. <https://iai.tv>
105. <https://howthelightgetsin.org/>
106. <https://www.dagstuhl.de>
107. <https://www.worldgovernmentsummit.org>
108. <https://www.sbs.ox.ac.uk/research/skoll-centre-social-entrepreneurship/social-impact-education/leading-impact>
109. <https://www.linacre.ox.ac.uk/lucy-halsall-fund-and-jrf-grant-application-form>
110. <https://www.linacre.ox.ac.uk/lucy-halsall-fund-and-jrf-grant-application-form>
111. <https://www.hcde.washington.edu>
112. <https://chi2022.acm.org>
113. <https://www.linacre.ox.ac.uk/lucy-halsall-fund-and-jrf-grant-application-form>
114. <https://karaokecollective.com>
115. <https://oxfizz.org/>