Ulrik Lyngs
Curriculum vitae

Personal summary

I am a computer scientist and cognitive psychologist, researching design interventions for supporting self-control over digital device use. My research combines qualitative and quantitative methods, including surveys, interviews, behaviour logging, and web scraping.

📍 Department of Computer Science, University of Oxford, UK

✉ ulrik.lyngs@cs.ox.ac.uk

🌐 ulriklyngs.com

⌗ ulyngs

Selected publications

K. Lukoff, **U. Lyngs**, S. Gueorguieva, E. S. Dillman, A. Hiniker, S. A. Munson (2020). <u>From Ancient Contemplative Practice to the App Store: Designing a Digital Container for Mindfulness</u> Proceedings of the 2020 ACM conference on Designing Interactive Systems

U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotka, J. Zhao, M. Van Kleek, N. Shadbolt (2020). <u>'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook</u>[1] Proceedings of the 2020 CHI Conference on Human Factors in Computing Systems

U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt (2019). <u>Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools</u>[2] Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems ✯ *Honourable Mention*

R. Binns, **U. Lyngs**, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt (2018). <u>Third party tracking in the mobile ecosystem</u>[3] Proceedings of the 2018 ACM Web Science Conference ✯ *Best Paper*

U. Lyngs, R. Binns, M. Van Kleek, N. Shadbolt (2018). <u>So, Tell Me What Users Want, What They Really, Really Want!</u>[4] Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems

R. Binns, M. Van Kleek, M. Veale, **U. Lyngs**, J. Zhao, N. Shadbolt (2018). <u>It's Reducing a Human Being to a Percentage': Perceptions of Justice in Algorithmic Decisions</u>[5] Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems

U. Lyngs, R. McKay (2017). <u>'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance</u>[6] Proceedings of the 39th Annual Conference of the Cognitive Science Society

Education

2016 — 2020	DPhil in Computer Science, University of Oxford
2012 — 2013	MSc in Cognitive and Evolutionary Anthropology, University of Oxford
2011 — 2016	MA in the Study of Religion & Cognitive Psychology, Aarhus University
2007 — 2011	BA in the Study of Religion & Psychology, Aarhus University

Technical skills

- *Programming, data analysis and visualisation* in R (tidyverse), Python, and D3.js

- *Reproducible research with dynamic documents/literate programming* in R Markdown (bookdown, xaringan, pagedown) + LaTeX + HTML

- *Web development* (HTML, CSS, JavaScript, Hugo, blogdown, Jekyll, GitHub Pages, Netlify)

Software

2019	`oxforddown`[7], R package for writing Oxford University theses in R Markdown
2019	`pagedown-cv`[8], R package for dynamically generating a CV with 4 output formats using `pagedown` for R Markdown
2018	Dashboard for visualising Facebook use[9], developed with R, shiny, and `flexdashboard`, for CHI'20 study.
2018	`chi20-papers-rmarkdown`[10], `chi-proc-rmd-template`[11] and `chi-ea-template`[12], R packages for writing ACM CHI conference submissions in R Markdown

Professional development

2018	Invited participant at the Global Dialogue for Happiness, World Government Summit [13], Dubai
2017	Leading for Impact [14] fellowship, 4-month leadership training programme at Saïd Business School, University of Oxford

Selected work experience

2020 — present
Data Scientist and Digital Humanities Consultant
Śākta Traditions [15], 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
R Markdown Instructor
TIER Faculty Development Workshop [16], St. Anne's College, University of Oxford
Taught a 2-day master class in Reproducible Research to 20+ research staff and faculty from research institutions across Europe.

2013 — 2016
Festival Producer and Manager
Institute of Art and Ideas, London
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn [17]; interviewed (600+) and booked (150+) speakers, including Cory Doctorow, Aubrey de Grey, and Simon Baron-Cohen; led and managed a research team of two full-time and music team of three full-time staff.

Selected grants and awards

2020	Winner in the 2020 Oxford Three Minute Thesis competition [18], Mathematical, Physical and Life Sciences Division, University of Oxford
2020	MPLS Impact Awards [19]: Commendation Certificate for the *Reducing Digital Distraction* workshop, University of Oxford
2019	EPSRC Doctoral Prize [20], an award to 'increase impact of PhD research, and improve retention of the very best students in research careers'.
2019	Best Talk Award, 2019 Oxford Computer Science Conference, University of Oxford
2018	Best Paper Award, 10th ACM Conference on Web Science, Amsterdam
2018	Student Research Competition Grant, ACM CHI'18
2017	DOMUS Prize for Outstanding Research Communication, Linacre College, University of Oxford
2017	Student Research Competition Grant, ACM CHI'17

Media coverage

2018	Our paper 'Third Party Tracking in the Mobile Ecosystem' covered in the Financial Times [21], BBC [22], The Times [23], Business Insider [24], and more

Selected talks

2020	*'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook*, University of Washington DUB Shorts [25]
2020	*Digital Wellbeing in Practice: Designing for Digital Self-Control*, Google Digital Wellbeing [26] Team
2019	*Psychology and Futurity*, Roundtable discussion on mental health at Futures Thinking Conference [27], Wolfson College, University of Oxford
2019	*Q&A: Self-Control in Cyberspace*, Best of CHI2019, IIT Bombay, Mumbai (videolink)
2019	*Computing Everything? The Limits of Algorithmic Learning*, 2019 Oxford Computer Science Conference [28], University of Oxford (moderator for keynote panel with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott)
2018	*So, Tell Me What Users Want, What They Really, Really Want!*, AI, Society, and the Media [29], BBC Radio Theatre, New Broadcasting House, London

Personal skills & volunteering

2017 — present
Founding Band Member
The Karaoke Collective [30]
Inventor, MC and drummer; the KC is a group of seasoned musicians in Oxford and London blending 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 UK schools visiting the Computer Science Department

2013 — 2016
Interview Coach
Oxbridge Interviews, Oxfizz [31]
Provided interview training for 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge.

Links

1. https://dl.acm.org/doi/abs/10.1145/3313831.3376672
2. https://dl.acm.org/doi/10.1145/3290605.3300361
3. https://dl.acm.org/citation.cfm?doid=3201064.3201089
4. https://dl.acm.org/doi/10.1145/3170427.3188397
5. https://dl.acm.org/citation.cfm?id=3173951
6. https://mindmodeling.org/cogsci2017/papers/0501/index.html
7. https://github.com/ulyngs/oxforddown
8. https://github.com/ulyngs/pagedown-cv
9. https://ulriklyngs.shinyapps.io/fb-dashboard-rose/
10. https://github.com/ulyngs/chi20-papers-rmarkdown
11. https://github.com/ulyngs/chi-proc-rmd-template
12. https://github.com/ulyngs/chi-ea-rmd-template
13. https://www.worldgovernmentsummit.org
14. https://www.sbs.ox.ac.uk/research/skoll-centre-social-entrepreneurship/social-impact-education/leading-impact
15. http://saktatraditions.org/people/
16. https://www.projecttier.org/fellowships-and-workshops/faculty-development-workshops/
17. https://howthelightgetsin.org/
18. https://www.ox.ac.uk/students/three-minute-thesis-competition
19. https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter-reception
20. https://epsrc.ukri.org/skills/students/dta/doctoralprize/
21. https://ig.ft.com/mobile-app-data-trackers/
22. https://www.bbc.co.uk/news/technology-45952466
23. https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj
24. https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T
25. https://dub.washington.edu/seminar.html
26. https://wellbeing.google
27. https://www.torch.ox.ac.uk/event/futures-thinking-conference-details
28. https://oxfordcsc.com
29. https://www.bbc.co.uk/academy/en/events/evt20180704115336827
30. https://karaokecollective.com

31. https://oxfizz.org/↩