Ulrik Lyngs

ulrik.lyngs@cs.ox.ac.uk
https://ulriklyngs.com

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[1].

Research positions

2021 — present	**External postdoc**, University of Copenhagen Human Centred Computing[2], Department of Computer Science
2023 — 2024	**Research Associate**, University of Oxford Human Centred Computing[3], Department of Computer Science
2021 — 2023	**Carlsberg Foundation Visiting Fellow**, University of Oxford Department of Computer Science

Education

2016 — 2021	**DPhil in Computer Science**, University of Oxford Supervisor: Sir Nigel Shadbolt[4] 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[5] Thesis: Fundamental motivations and risk-taking
2011 — 2016	**MA in the Study of Religion & Psychology**, Aarhus University Supervisor: Uffe Schjødt[6] Thesis: Religion as a cultural tool for cognitive control
2007 — 2011	**BA in the Study of Religion & Psychology**, Aarhus University Supervisors: Jesper Sørensen[7] and Kristoffer Laigaard Nielbo[8] Thesis: Priming effects of religious concepts on moral judgment

Major grants and funding

2023 — 2024	**EPSRC Impact Acceleration Account**[9] (~£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**[10] (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions
2020	**van Houten Fund**[11] (~£12k), The Reduce Digital Distraction (ReDD) Workshop for Oxford University students. Supervisor: Maureen Freed.
2019 — 2020	**EPSRC Doctoral Prize**[12] (~£28k), Supporting End-User Autonomy Over Digital Device Use. Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

Awards & honours

2024	**Early Career Researcher Social Impact Award**, 2024 Mathematical, Physical and Life Sciences Impact Awards[13], 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**[14], Mathematical, Physical and Life Sciences Division, University of Oxford
	Commendation Certificate for the Reduce Digital Distraction Workshop, MPLS Impact Awards[15], 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

2024   **C10**   **"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**
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
CHI'24: ACM Conference on Human Factors in Computing Systems
🏅 Best paper honourable mention (top 5%)

         C11   **"You Can Find a Part of my Life in Every Single App": An Interview Study of What Makes Smartphone Applications Special to Their Users**
K. Hornbæk, *U. Lyngs*, O. Iarygina, M. B. Skov
CHI'24: ACM Conference on Human Factors in Computing Systems

         C09   **Computers as Bad Social Actors: Dark Patterns and Anti-Patterns in Interfaces that Act Socially**
L. Alberts, *U. Lyngs*, M. Van Kleek
CSCW'24: ACM Conference on Computer-Supported Cooperative Work and Social Computing

2023   **C08**   **'We are adults and deserve control of our phones': Examining the risks and opportunities of a right to repair for mobile apps**
K. Kollnig, S. Datta, T. Şerban von Davier, M. Van Kleek, R. Binns, *U. Lyngs*, N. Shadbolt
FAccT '23: ACM Conference on Fairness, Accountability, and Transparency

         C07   **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'23: ACM Conference on Human Factors in Computing Systems
🏅 Best paper honourable mention (top 5%)

2021   **C06**   **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'21: ACM Conference on Human Factors in Computing Systems

2020   **C05**   **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'20: ACM conference on Designing Interactive Systems

         C04   **"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. Jirotka, J. Zhao, M. Van Kleek, N. Shadbolt
CHI'20: ACM Conference on Human Factors in Computing Systems

2019   **C03**   **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   **C02**   **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)

	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. Jirotka, C. Macrae Springer: Software Engineering for Robotics16, Cavalcanti et al. (eds.), pp. 165-187

Extended abstracts and workshop papers

(lightly reviewed)

2024	A12	**Digital Self-Control in Danish High Schools: A Pilot Intervention Study** *U. Lyngs*, M. Møller-Jensen, K. Lukorf, H. Willadsen NordiCHI'24: Nordic Conference on Human-Computer Interaction
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	**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. Jirotka, *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*[17], 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 Jirotka, 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*[18]**, Interviewed for the article ''Everything is at stake here': Startups aim to break addictions to social media'[19]

2023 **Danish newspaper Jyllandsposten[20]**, Interviewed for the article 'Fem digitale tricks, der hjælper dig med at få styr på dit digitale liv'[21] (*Five digital tricks that help you get your digital life sorted*)

2023 **Danish newspaper Jyllandsposten[22]**, Interviewed for the article 'Hvorfor kan vi bare ikke lade være med at scrolle på vores mobiltelefon?'[23] (*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'[24] (P1) (*Death to digital distractions*)

2018 **Financial Times[25], BBC[26], The Times[27], Business Insider[28], and more**, Our paper "Third Party Tracking in the Mobile Ecosystem" covered in international media

Podcasts

2024 Pod4 **Brainstorm podcast (Danish)**, Hvorfor har jeg så svært ved at lægge min mobil væk?[29] (*Why is it so hard for me to put away my smartphone?*)

Pod3 **Danish Dialogues**, #8 - Ulrik Lyngs (Digital Self-Control Expert)[30]

2021 Pod2 **Brainstorm podcast (Danish)[31]**, 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[32]**, 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.

2024 **T50** **University of Cambridge, Digital Mental Health Group**[33]**, MRC Cognition and Brain Science Unit**
Self-Control in Cyberspace: Advancing Digital Wellbeing Research & Real-World Impact by Empowering People to Modify Their Digital Environments

T48 **Copenhagen Center for Social Data Science**[34]**, Research retreat**, Rødvig Kro & Badehotel, Denmark
Reduce Digital Distraction: Unlocking Impact at Scale

T49 **SYNC Digital Wellbeing Summit**[35]**, Ithra, Global Digital Wellbeing Assembly**, Dharan, Saudi Arabia
Empowering People to Achieve Digital Wellbeing With Digital Focus Tools

T47 **University of Copenhagen, DIKU Bits**[36]**, Dept. of Computer Science**
Empowering Students to Achieve Their Device Use Goals With the Reduce Digital Distraction Workshop

T46 **University of Oxford, Linacre Seminar Series**, Linacre College
Self-Control in Cyberspace: Empowering People to Achieve Their Device Use Goals

2023 **T45** **Tjek på Tech ('Technology in Check'), networking conference organised by Danish NGO Børns Vilkår**[37], Copenhagen, Denmark
Selvkontrol i cyberspace: Hvordan giver vi børn og unge de praktiske værktøjer de har brug for?
(Self-control in cyberspace: How can we give children and youth the practical tools they need?)

T44 **Oxford Ideas Festival 2023, In conversation with Elaine Kasket**[38], Somerville College chapel
Reclaiming your life in a tech-obsessed world[39]

T43 **Children and Screens: Institute of Digital Media and Child Development, Digital Media and Developing Minds**[40]**, 2023 International Congress**, Washington, DC
Empowering Adolescents to Self-Regulate Their Use of Digital Devices: A Pilot Study in Danish High Schools

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**[41], Dept. of Computer Science
Open and Transparent Research: Why Bother and What To Do

T39 **Barnes Philosophy Club**[42], London
Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention

T37 **AVI'22: International Conference on Advanced Visual Interfaces, Designing for Meaningful Interactions and Digital Wellbeing workshop**[44], 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[45]

Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates[46]

T34 **University of Oxford, Human Centred Computing**[47], 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**[48] **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**[49]**, local event**, Thisted Library, Denmark

Selvkontrol i cyberspace *(Self-control in cyberspace)*

T31 **University of Copenhagen, DISTRACT**[50] **project**, Copenhagen Center for Social Data Science

The Reduce Digital Distraction workshop as research tool: methods and preliminary results

T30 **University of Copenhagen, Human-Centred Computing Section**[51], Dept. of Computer Science

Reproducible and Replicable Research

T29 **University of Oxford, Human Centred Computing**[52], Dept. of Computer Science

R Markdown in 7 Minutes

T28 **University of Oxford, Human Centred Computing**[53], Dept. of Computer Science

Reproducible and Replicable Research

2020 **T27** **University of Oxford, Guest lecture in Interaction Design (IDE)**[54], Dept. of Computer Science

Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control

T26 **University of Copenhagen, DISTRACT**[55], 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**[56], Institute of Psychology

Cognitive Control in Cyberspace

T24 **University of Oxford, Seminars at Linacre College**[57]

'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)[58] for a general audience
		What Can Digital Humanities Offer Hindu Studies?
	T22	**University of Oxford, Śākta traditions project**[59], Oxford Centre for Hindu Studies
		Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
	T21	**University of Washington, Design. Use. Build. (DUB) alliance**[60]
		'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook[61]
	T20	**Google, Digital Wellbeing**[62]
		Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	**University of Copenhagen, Human-Centred Computing Section**[63], Dept. of Computer Science
		Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T18	**University of Oxford, Digital Ethnography Group (OxDEG)**[64], Oxford Internet Institute
		Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
2019	T17	**University of Oxford, R user group Oxford**[65], 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**[66], 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**[67], 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**[68] **Hackathon, CodeBase**, Edinburgh
		Hacking the Attention Economy
	T10	**University of Oxford, Human Centred Computing**[69], Dept. of Computer Science
		Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	**PubhD**[70]**, 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 Machines**[71] **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-Distraction Apps Can Guide Digital Design
	T06	**University of Oxford, 2017 Oxford Computer Science Conference**[72], Dept. of Computer Science
		ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
	T05	**University of Oxford, Human Centred Computing**[73] **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 Machines**[74], project meeting at Brockenhurst, UK
		Attention Management in the Information Age
2015	T03	**Aarhus University, Religion, Cognition and Culture**[75] **research unit**, Institute of Culture and Society
		Religion: A Culturally Evolved Tool for Self-Control
2014	T02	**26th Annual Human Behavior and Evolution Society Conference**[76]**, Natal, Brazil**
		Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01	**Homo Experimentalis: Experimental Approaches in The Study of Religion**[77]**, 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 Conference**[78], Psychology and Futurity, roundtable discussion on mental health
	D1	**2019 Oxford Computer Science Conference**[79], Computing Everything? The Limits of Algorithmic Learning, moderated panel discussion with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott

Poster presentations

2024	P8	**2024 Nordic Conference on Human-Computer Interaction, NordiCHI'24**, Uppsala, Sweden
		Digital Self-Control in Danish High Schools: A Pilot Intervention Study
2018	P7	**University of Oxford, Connected Life Conference 2018**[80], Oxford Internet Institute
		What the Anti-Distraction 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 Health**[81], Montreal, Canada
		A Cognitive Design Space for Supporting Self-Regulation of ICT Use
2017	P5	**39th Annual Conference of the Cognitive Science Society**[82], London
		"It's More Fun With My Phone": A Replication Study of Cell Phone Presence and Task Performance
	P4	**University of Oxford, Connected Life Conference 2017**[83], 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**[84], Denver, Colorado
		Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
2014	P2	**Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms**[85], Budapest
		Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	**33rd Annual Conference of the Cognitive Science Society**[86], 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 Steps[87]
2019	B09	**UX Collective (Medium)**, 367 Tools of Resistance in the Battle for Online Attention[88]
	B08	**ulriklyngs.com**, How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents[89]
	B07	**ulriklyngs.com**, How to Create New Chunk Options in R Markdown[90]
2018	B06	**ulriklyngs.com**, How to Build Safari App Extensions[91]
	B05	**ulriklyngs.com**, R packages for CHI papers with R Markdown[92]
	B04	**ulriklyngs.com**, How to Write ACM Articles with R Markdown[93]
2017	B03	**Connected Life Conference 2017**, Ulysses in Cyberspace[94]
	B02	**ulriklyngs.com**, Making Statistics Make Sense[95]
2016	B01	**ulriklyngs.com**, Digging Science Out of a Hole: The Reproducibility Index[96]

Teaching experience

2023	**Instructor, Digital Humanities**, Oxford Centre for Hindu Studies' Summer University in Kathmandu[97]
	Gave lecture and hands-on workshop on use of computational methods in hindu studies, to 24 international students.

2021	**Instructor, Reproducible research with R Markdown**[98], Oxford|Berlin Summer School on Open Research[99]
	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**[100], 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**[101], TIER Faculty Development Workshop[102], 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 School[103]
	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`[104], for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
2019 — present	`pagedown-cv`[105], 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`[106], `chi20-papers-rmarkdown`[107], `chi-proc-rmd-template`[108] & `chi-ea-template`[109], for writing reproducible submissions in R Markdown to the ACM CHI conference

Apps

2022 — present	**MindShield**[110], 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**[111], 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**[112], browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
2019 — 2023	**"No Distractions" for Twitter**[113], browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac
2021 — 2023	**Newsfeed toggle for Facebook**[114], 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)[115], ACM CHI Conference[116], Computer-Supported Cooperative Work and Social Computing[117], International Journal of Human-Computer Studies[118]
2018 — 2020	**Steering group member** Transparent Statistics in Human-Computer Interaction[119]
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**[120] **(LERN)** London, UK
2008 — 2012	**Chairman of the Society for the Study of Religion (RvF)**[121] Dept. for the Study of Religion, Aarhus University

Selected work experience

2020 — present	**Data Scientist and Digital Humanities Consultant**, Śākta Traditions[122], 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[123] 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 Jirotka), 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[124] Built sociam.org[125], 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[126], London Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn[127]; 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[128], Germany
2018	**Invited participant to the Global Dialogue for Happiness**, World Government Summit[129], Dubai
2017	**Leading for Impact[130] 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[131]** (£384), Support towards routine research expenses (software, subscriptions, and professional memberships)
2022	**Junior Research Fellow Grant, Lucy Halsall Fund[132]** (£500), US research travel: visit to Human Centered Design & Engineering[133], UW, Seattle; participation in CHI'22[134], New Orleans, Louisiana
2021	**Junior Research Fellow Grant, Lucy Halsall Fund[135]** (£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[136] 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

Interview Coach, Oxbridge Interviews, Oxfizz[137]
Provided interview training to 30+ teenagers from families not traditionally going
to university wishing to apply to Oxford or Cambridge

Links

1. https://quarto.org↵

2. https://di.ku.dk/english/research/human-centred-computing/↵

3. https://hcc.cs.ox.ac.uk↵

4. https://www.jesus.ox.ac.uk/people/professor-sir-nigel-shadbolt-freng-frs↵

5. https://www.oliverscottcurry.com↵

6. https://pure.au.dk/portal/en/persons/uffe-schjoedt(c2b0d5e1-b9e5-4ff1-9866-7009bc63827e)
.html↵

7. https://pure.au.dk/portal/da/persons/jesper-soerensen(6eb687a7-1af7-48c0-bad1
-cc9cc0ba3054).html↵

8. https://pure.au.dk/portal/en/persons/kristoffer-laigaard-nielbo(aef8887c-d4e9-4270-9031
-1a15553f5590).html↵

9. https://www.mpls.ox.ac.uk/research-funding/impact-and-innovation/iaa↵

10. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt
/CF20_0678_Ulrik-Lyngs↵

11. https://governance.admin.ox.ac.uk/van-houten-fund↵

12. https://epsrc.ukri.org/skills/students/dta/doctoralprize/↵

13. https://www.mpls.ox.ac.uk/latest/news/winners-and-commendations-announced-for-mpls
-impact-awards-2024↵

14. https://www.ox.ac.uk/students/three-minute-thesis-competition↵

15. https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter
-reception↵

16. https://link.springer.com/book/10.1007/978-3-030-66494-7↵

17. https://dl.acm.org/doi/10.1145/3027063.3027064↵

18. https://healthydebate.ca↵

19. https://healthydebate.ca/2023/11/topic/startups-break-addictions-social-media/↵

20. https://jyllands-posten.dk↵

21. https://jyllands-posten.dk/indland/ECE15887706/her-er-fem-digitale-tricks-til-at-faa-styr-paa
-dit-digitale-liv/?shareToken=gm7cs103d8tt8ctfanq0jhtf↵

22. https://jyllands-posten.dk↵

23. https://jyllands-posten.dk/indland/ECE15198693/hvorfor-kan-vi-bare-ikke-lade-vaere-med-at-scrolle-paa-vores-mobiltelefon/?shareToken=va02kv6ghqpbufb1n5rnini0↵

24. https://www.dr.dk/radio/p1/kortsluttet/kortsluttet-62?fbclid=iwar2cnu58gu19ym6m0zv48z2tcwqni56xsxmiszkkuqne9efjqwg8w4zgylw↵

25. https://ig.ft.com/mobile-app-data-trackers/↵

26. https://www.bbc.co.uk/news/technology-45952466↵

27. https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj↵

28. https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T↵

29. https://audioboom.com/posts/8582539-hvorfor-har-jeg-sa-svaert-ved-at-laegge-min-mobil-vaek↵

30. https://open.spotify.com/episode/3MGMVX831v1EK7fsqpKf1m?si=AyvdBKX3S-yfOE0hojT5WQ↵

31. https://videnskab.dk/kultur-samfund/slip-nu-den-telefon-fire-gode-raad-til-at-undgaa-tidsroevende-distraktioner-paa↵

32. https://podcasts.ox.ac.uk/your-digital-life-during-lockdown↵

33. https://www.orben.group↵

34. https://sodas.ku.dk↵

35. https://sync.ithra.com↵

36. https://di.ku.dk/diku-bits/↵

37. https://bornsvilkar.dk↵

38. https://www.elainekasket.com↵

39. https://if-oxford.com/event/reclaim-your-life-in-a-tech-obsessed-world/↵

40. https://www.childrenandscreens.com/2023-digital-media-and-developing-minds-home/↵

41. https://hcc.cs.ox.ac.uk↵

42. http://barnesphiloclub.blogspot.com↵

43. https://www.kynapse.fr↵

44. https://sites.google.com/view/design4dwb↵

45. https://ox.ukrn.org↵

46. https://youtu.be/aU0uetWJXis↵

47. https://hcc.cs.ox.ac.uk↵

48. https://sodas.ku.dk/projects/distract/↵

49. https://thy360.dk/event/selvkontrol-i-cyberspace/8500↵

50. https://sodas.ku.dk/projects/distract/
51. https://di.ku.dk/english/research/human-centred-computing/
52. https://hcc.cs.ox.ac.uk
53. https://hcc.cs.ox.ac.uk
54. https://hip.cat/emax/teaching
55. https://sodas.ku.dk/projects/distract/
56. https://psychology.ku.dk/coinact/
57. https://www.linacre.ox.ac.uk/event-type/linacre-seminar
58. https://www.youtube.com/playlist?list=PLkIUogDmN_nAEqQphmDffOMBP5ljN-jXA
59. http://saktatraditions.org
60. https://dub.washington.edu/seminar.html
61. https://vimeo.com/423318322
62. https://wellbeing.google
63. https://di.ku.dk/english/research/human-centred-computing/
64. https://www.oii.ox.ac.uk/research/projects/oxdeg/
65. https://twitter.com/rusersoxford
66. https://oxfordcsc.com
67. https://digitalwellbeingworkshop.wordpress.com
68. https://unbias.wp.horizon.ac.uk/
69. https://hcc.cs.ox.ac.uk
70. http://pubhd.org
71. https://sociam.org
72. https://oxfordcsc.com
73. https://hcc.cs.ox.ac.uk
74. https://sociam.org
75. https://rcc.au.dk
76. https://www.hbes.com/conference/
77. https://religionistika.phil.muni.cz/levyna2012/program.php
78. https://www.torch.ox.ac.uk/event/futures-thinking-conference-details
79. https://oxfordcsc.com
80. https://connectedlife.oii.ox.ac.uk/past-conferences/conference-life-2018/

81. https://dl.acm.org/doi/10.1145/3170427.3170665↵

82. https://cogsci.mindmodeling.org/2017/↵

83. https://connectedlife.oii.ox.ac.uk/past-conferences/connected-life-2017/↵

84. https://dl.acm.org/doi/10.1145/3027063.3027064↵

85. https://summeruniversity.ceu.edu/morality-2014↵

86. http://toc.proceedings.com/12584webtoc.pdf↵

87. https://ulriklyngs.com/post/2021/12/02/how-to-adapt-any-latex-template-for-use-with-r-markdown-in-four-steps/↵

88. https://uxdesign.cc/367-tools-of-resistance-in-the-battle-for-online-attention-2a92ca282a65↵

89. https://ulriklyngs.com/post/2019/02/20/how-to-use-pandoc-filters-for-advanced-customisation-of-your-r-markdown-documents/↵

90. https://ulriklyngs.com/post/2019/02/03/how-to-create-new-chunk-options-in-r-markdown/↵

91. https://ulriklyngs.com/post/2018/11/02/how-to-build-safari-app-extensions/↵

92. https://ulriklyngs.com/post/2018/10/29/r-packages-for-chi-papers-with-r-markdown/↵

93. https://ulriklyngs.com/post/2018/07/18/how-to-write-acm-articles-with-r-markdown/↵

94. http://connectedlife.oii.ox.ac.uk/ulysses-in-cyberspace/↵

95. https://ulriklyngs.com/post/2017/02/26/making-statistics-make-sense/↵

96. https://ulriklyngs.com/post/2016/09/26/digging-science-out-of-a-hole-the-reproducibility-index/↵

97. https://summeruni.co.uk↵

98. https://ulyngs.github.io/oxberlin-2021-rmd-workshop/↵

99. https://s-quest.bihealth.org/BeOx/index.html↵

100. https://www.oii.ox.ac.uk/study/courses/big-data-analytics/↵

101. https://ulyngs.github.io/rmarkdown-workshop-2019/↵

102. https://www.projecttier.org/fellowships-and-workshops/faculty-development-workshops/↵

103. https://oxfizz.org/↵

104. https://github.com/ulyngs/oxforddown↵

105. https://github.com/ulyngs/pagedown-cv↵

106. https://github.com/ulyngs/chi-2021-rmd-template↵

107. https://github.com/ulyngs/chi20-papers-rmarkdown↵

108. https://github.com/ulyngs/chi-proc-rmd-template↵

109. https://github.com/ulyngs/chi-ea-rmd-template↵

110. https://apps.apple.com/gb/app/mindshield/id1660218371

111. https://apps.apple.com/gb/app/highlightads-for-google-search/id1496633107?mt=12

112. https://apps.apple.com/gb/app/no-distractions-for-youtube/id1482507016?mt=12

113. https://apps.apple.com/gb/app/no-distractions-for-twitter/id1486155792?mt=12

114. https://apps.apple.com/gb/app/newsfeed-toggle-for-facebook/id1598798014

115. http://tochi.acm.org/

116. https://sigchi.org/

117. http://cscw.acm.org/2019/

118. https://www.journals.elsevier.com/international-journal-of-human-computer-studies

119. https://transparentstatistics.org

120. https://londonevolution.org

121. https://studerende.au.dk/studier/fagportaler/arts/religionsvidenskabelig-forening/

122. http://saktatraditions.org/people/

123. https://www.cs.ox.ac.uk/projects/RoboTIPS/index.html

124. https://sociam.org

125. https://www.sociam.org

126. https://iai.tv

127. https://howthelightgetsin.org/

128. https://www.dagstuhl.de

129. https://www.worldgovernmentsummit.org

130. https://www.sbs.ox.ac.uk/research/skoll-centre-social-entrepreneurship/social-impact-education/leading-impact

131. https://www.linacre.ox.ac.uk/lucy-halsall-fund-and-jrf-grant-application-form

132. https://www.linacre.ox.ac.uk/lucy-halsall-fund-and-jrf-grant-application-form

133. https://www.hcde.washington.edu

134. https://chi2022.acm.org

135. https://www.linacre.ox.ac.uk/lucy-halsall-fund-and-jrf-grant-application-form

136. https://karaokecollective.com

137. https://oxfizz.org/