

# Curriculum Vitae

Zefan Sramek, PhD

## Research Areas

Social Computing, Digital Well-Being and Mental Health, Human-Computer Interaction, Social Media, User-Centred Privacy, Philosophy of Technology, Digital Humanities

## Biography

Dr. Zefan Sramek was born in 1994 in Toronto, Canada. In 2018 he received his Bachelor's of Applied Science in Integrated Engineering with distinction and a minor in philosophy from the University of British Columbia, in Vancouver, Canada, where he worked with Dr. Mieszko Lis, as well as in the SPIN Lab under Dr. Karon MacLean. During his degree he also completed a one-year research internship at the Honda Research Institute Japan under Dr. Shigeaki Nishina, in Wakoshi, Saitama, Japan. In 2019 he became a recipient of the Japanese Government MEXT Scholarship, and joined the Interactive Intelligent Systems Laboratory ([iis-lab.org](http://iis-lab.org)) led by Dr. Koji Yatani at The University of Tokyo. In 2021 he received his Master of Engineering degree from The University of Tokyo. His master's research was on timbre exploration interfaces for synthesizers and electronic music. In 2026, he received his Doctor of Philosophy in Electrical Engineering and Information Systems degree from The University of Tokyo. His dissertation is titled: *A Study of and Design Framework for Supporting Human Agency in the Use of Information Technology*. He is also an experienced electronic music producer and visual artist.

## Education

### University of Tokyo

Doctor of Philosophy in Electrical Engineering and Information Systems  
Graduated March, 2026

### University of Tokyo

Master of Engineering in Electrical Engineering and Information Systems  
Graduated September, 2021

### University of British Columbia

Bachelor of Applied Science in Integrated Engineering with Distinction, Minor in Philosophy  
Graduated May, 2018

## Research Positions

### University of New South Wales

Visiting Junior Research Fellow - Collaborative Human-Centric AI Systems Lab  
August 2025 - October 2025

### Aarhus University

Visiting Researcher - Collaboration and Computer-Human Interaction Group  
January 2025 - March 2025

### Waseda University

Research Assistant - Waseda Institute for Advanced Study  
October 2022 - August 2023

### University of Tokyo

Research Student, Master Student, PhD Student - Interactive Intelligent Systems Lab  
April 2019 - March 2026

### **University of British Columbia**

Research Assistant - Sensory Perception & Interaction Research Group  
June 2018 - September 2018

### **University of British Columbia**

Research Assistant - System-on-Chip & Computer Architecture Laboratory  
June 2017 - September 2018

### **Honda Research Institute Japan**

Research Intern  
May 2015 - April 2016

## **Journal Papers**

### **User Perceptions and Attitudes Toward Untraceability in Messaging Platforms**

Carla F. Griggio, Boel Nelson, **Zefan Sramek**, Aslan Askarov  
Proceedings of Privacy Enhancing Technologies (PoPETs), 2026  
[doi.org/10.56553/popets-2026-0007](https://doi.org/10.56553/popets-2026-0007)

### **Beyond the Feature Level: A Cluster Analysis of Feature-Level Social Media Behaviour Patterns, Maladaptive Use, and Psychological Well-Being**

**Zefan Sramek**, Sachintha Lokuge, Tia Sternat, Martin A. Katzman, Koji Yatani  
Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies, 2025  
[doi.org/10.1145/3770713](https://doi.org/10.1145/3770713)

### **When Group Spirit Meets Personal Journeys: Exploring Motivational Dynamics and Design Opportunities in Group Therapy**

Shixian Geng, Ginshi Shinojima, Chi-Lan Yang, **Zefan Sramek**, Shunpei Norihama, Ayumi Takano, Simo Hosio, Koji Yatani  
Proceedings of the ACM on Human-Computer Interaction, CSCW, 2025  
[doi.org/10.1145/3711103](https://doi.org/10.1145/3711103)

## **International Conference Full Papers**

### **Beyond the Dialogue: Multi-chatbot Group Motivational Interviewing for Premenstrual Syndrome (PMS) Management**

Shixian Geng, Remi Inayoshi, Chi-Lan Yang, **Zefan Sramek**, Yuya Umeda, Chiaki Kasahara, Arissa J. Sato, Simo Hosio, Koji Yatani  
CHI '25: Proceedings of the 2025 CHI Conference on Human Factors in Computing Systems, 2025  
[doi.org/10.1145/3706598.3713918](https://doi.org/10.1145/3706598.3713918)

### **SoundTraveller: Exploring Abstraction and Entanglement in Timbre Creation Interfaces for Synthesizers (Best Demo Award)**

**Zefan Sramek**, Arissa J. Sato, Zhongyi Zhou, Simo Hosio, Koji Yatani  
DIS '23: Proceedings of the 2023 ACM Designing Interactive Systems Conference, 2023  
[doi.org/10.1145/3563657.3596089](https://doi.org/10.1145/3563657.3596089)

### **Groupnatics: Designing an Interface for Overviewing and Managing Parallel Group Discussions in an Online Classroom**

Arissa J. Sato, **Zefan Sramek**, Koji Yatani  
CHI '23: Proceedings of the 2023 CHI Conference on Human Factors in Computing Systems, 2023  
[doi.org/10.1145/3544548.3581322](https://doi.org/10.1145/3544548.3581322)

## Workshops

### **Beyond Cognitive Offloading: Conversational AI for Personal Growth**

Dániel Szabó, Niels van Berkel, Rune Møberg Jacobsen, Benjamin Tag, Jorge Goncalves, Xinrui Fang, **Zefan Sramek**, Koji Yatani, Aku Visuri, Simo Hosio  
AH '26: Augmented Humans Conference, 2026  
[doi.org/10.1145/3795011.3797158](https://doi.org/10.1145/3795011.3797158)

## Workshop Papers

### **Research as Resistance: Recognizing and Reconsidering HCI's Role in Technology Hype Cycles**

**Zefan Sramek**, Koji Yatani  
Meta-HCI '25: First Workshop on Meta-Research in HCI, CHI '25, 2025  
[arxiv.org/abs/2504.08336](https://arxiv.org/abs/2504.08336)

## Extended Abstracts

### **Interactive Timbre Exploration Support for Sound Authoring with Synthesizers**

**Zefan Sramek**, Koji Yatani  
New Interfaces for Music Expression, Work-in-Progress, 2021  
[doi.org/10.21428/92fbeb44.e3102746](https://doi.org/10.21428/92fbeb44.e3102746)

## Domestic Conference Papers

### **Examining the Feasibility of Integration of Generative AI into the Teaching Process in Interactive Machine Teaching**

Kosuke Yamamoto, Zhongyi Zhou, **Zefan Sramek**, Koji Yatani  
DICOMO, 2023  
[ipsj.ixsq.nii.ac.jp/records/228189](https://ipsj.ixsq.nii.ac.jp/records/228189)

### **Building a Question Set of Online Safety Awareness for Usable Security Research**

Ryo Yoshikawa, Anran Xu, **Zefan Sramek**, Koji Yatani  
DICOMO, 2023  
[ipsj.ixsq.nii.ac.jp/records/228234](https://ipsj.ixsq.nii.ac.jp/records/228234)

### **Modeling the Noticeability and Distractiveness of Push Notification Interfaces**

Kakeru Miyazaki, Shunpei Norihama, Kosuke Yamamoto, **Zefan Sramek**, Arissa J. Sato, Koji Yatani  
DICOMO, 2023  
[ipsj.ixsq.nii.ac.jp/records/228194](https://ipsj.ixsq.nii.ac.jp/records/228194)

### **Interactive Timbre Exploration Support for Sound Authoring with Synthesizers**

**Zefan Sramek**, Koji Yatani  
IPSJ-MUS, 2021  
[ipsj.ixsq.nii.ac.jp/records/211537](https://ipsj.ixsq.nii.ac.jp/records/211537)

## Selected Talks and Lectures

### **Towards a New Approach to Agency in Human-Machine Interaction and Beyond**

Research talk at the Collaboration and Computer-Human Interaction group, Aarhus University  
February 2025

### **Investigating Feature-Level Social Media Use and Mental Health and Well-Being**

Research talk at the Department of Computer Science, Aalborg University in Copenhagen  
October 2024

### **Agency in Human-Machine Interaction: Some Initial Reflections**

Invited talk at the Tokyo-Oulu Joint Symposium on Human-AI Interaction  
October 2023

## Teaching Experience

### **University of Tokyo**

Teaching Assistant - Junior Course: "Human-AI Interaction: Technology Connecting Humans and AI"  
May 2025 - June 2025

### **University of Tokyo**

Teaching Assistant - Junior Course: "Designing Information Technology Experiences"  
May 2023 - June 2023

### **University of Tokyo**

Teaching Assistant - Information Visualization and Data Analysis  
October 2022 - January 2023

## Work Experience

### **Nomena**

Hardware & Firmware Development Intern  
May 2022 - September 2022

### **Liverton Hotels International**

Software Research and Development Intern  
October 2018 - March 2019

### **Nascent Digital**

Jr. Developer  
May 2016 - September 2016

### **Generate Software**

iOS & OSX Software Development Intern  
May 2014 - September 2014

## Grants & Awards

### Doctoral Students Special Incentives Program

University of Tokyo  
2024 - 2025

### MEXT Scholarship

Government of Japan, Ministry of Education, Culture, Sports, Science and Technology  
2019 - 2024

### Best Demo Award *for* SoundTraveller

ACM Designing Interactive Systems Conference  
2023

## Professional Activities

### Member

Aspire Mental Well-being Intelligence Research Initiative, 2025 - present  
Association for Computing Machinery (ACM), 2020 - present

### Reviewer

CHI (2025), CSCW (2024, 2025), SIGGRAPH Asia (2025), TOCHI (2024)

### Assistant to the Award Chairs

ACM International Joint Conference on Pervasive and Ubiquitous Computing (2023)

## Contact & Links

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Personal Website: [www.zefansramek.net](http://www.zefansramek.net)

Google Scholar: [scholar.google.com/citations?user=oavigcsAAAAJ](https://scholar.google.com/citations?user=oavigcsAAAAJ)