

Instructions for MAC users:

1) Make sure to browse all conversations directly in **Instagram app**, including "photos", "stories", "videos" to view your Instagram data. You can directly delete any images or videos, messages that you do not want to share with the researchers. Please do not delete anything after you download your data file.

2) Before you download Instagram JSON data file, make sure your browser does not open files automatically (for Safari users). You can check it by clicking on Safari tab->Preferences->General. Make sure to uncheck "Open "safe" files after downloading".

3) If you complete previous step successfully, Instagram data file will be downloaded as zip file.



