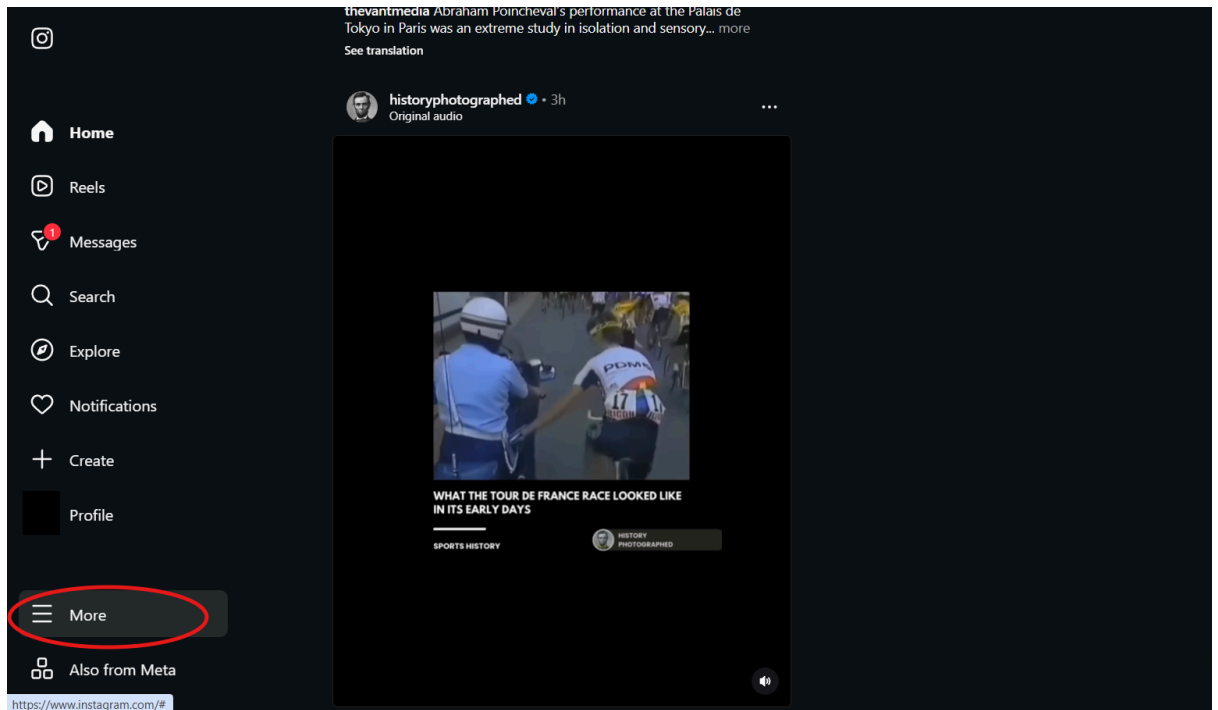


Instagram Export

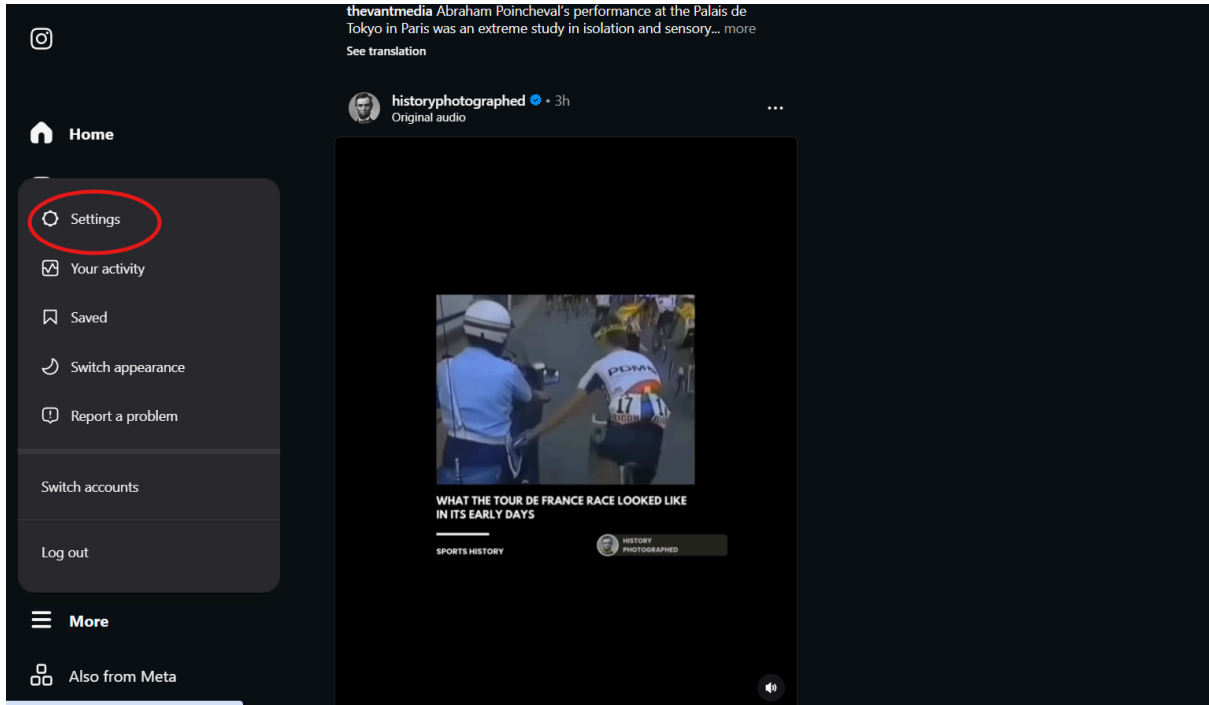
As of 18/02/2026

· This is for desktop/PC

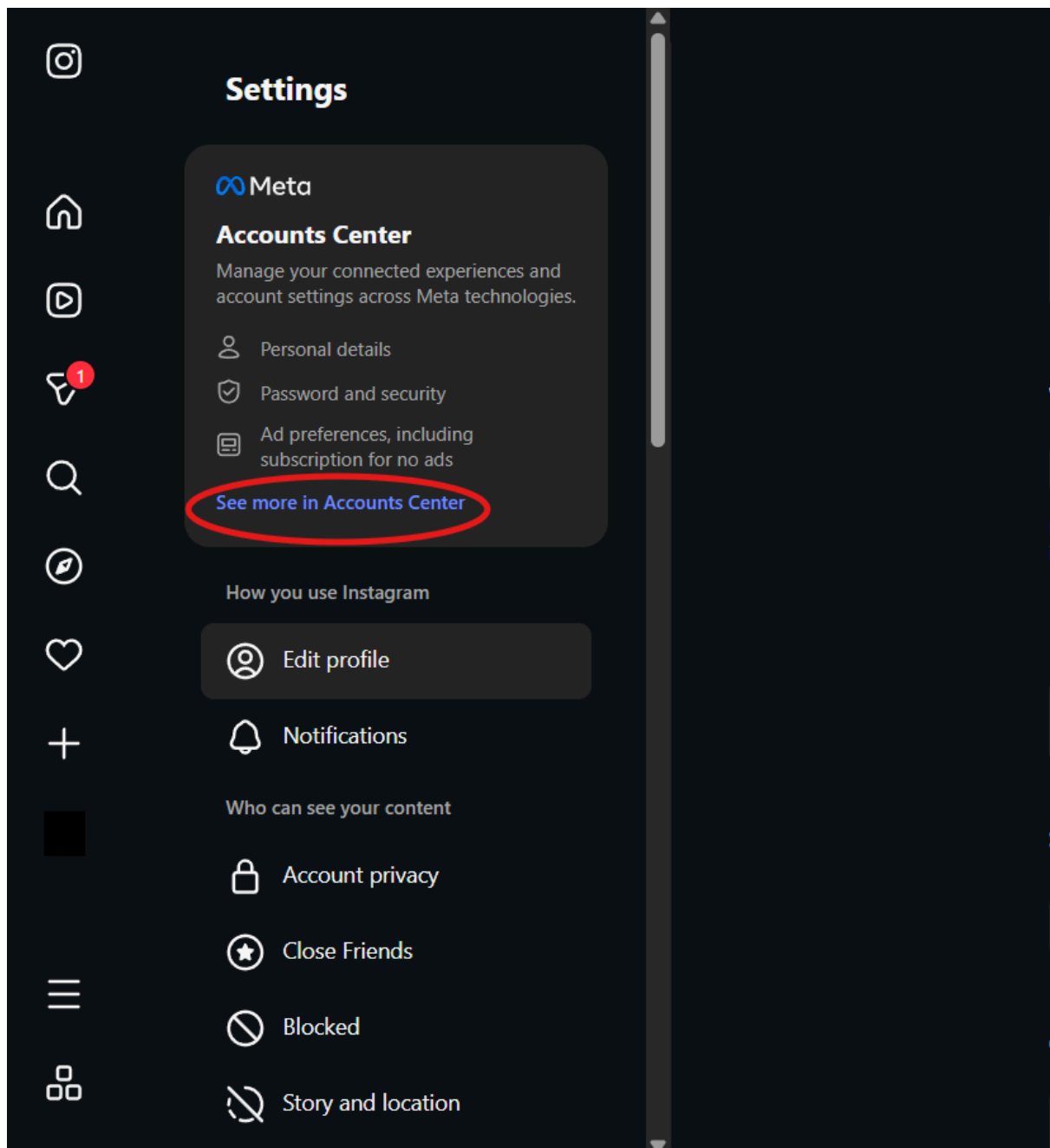
1. From your main feed page, click on the **“More”** menu stack, located on the **bottom-left part of the screen.**



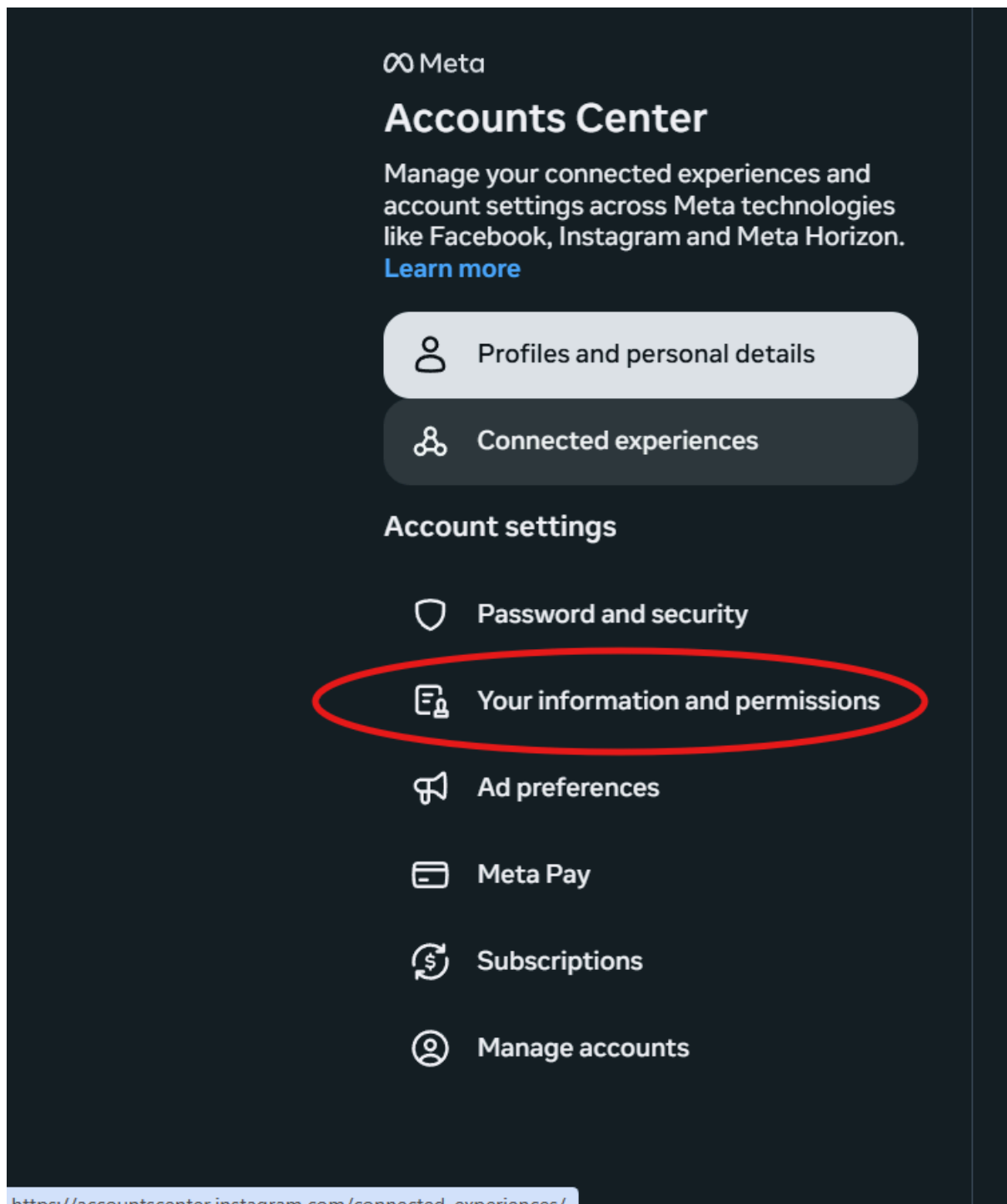
2. In the menu pop-up, click “Settings”



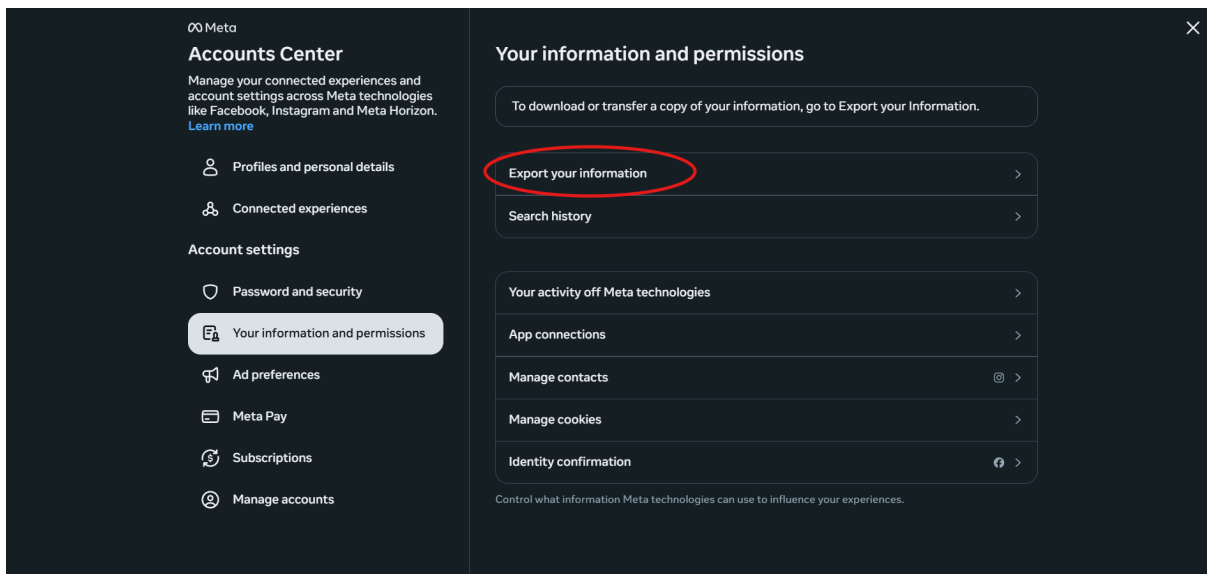
3. The “Settings” menu will pop up. Under the “Accounts Center” heading, click “**See more in Accounts Center**”.



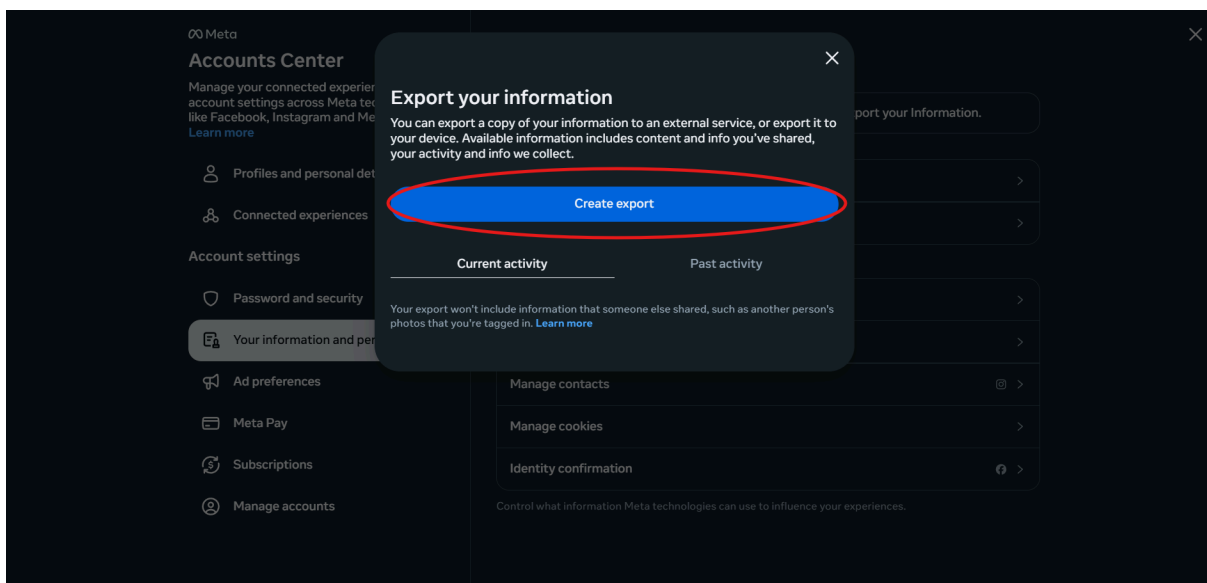
4. The Accounts Center window will appear, click “**Your information and permissions**” in the left menu pane.



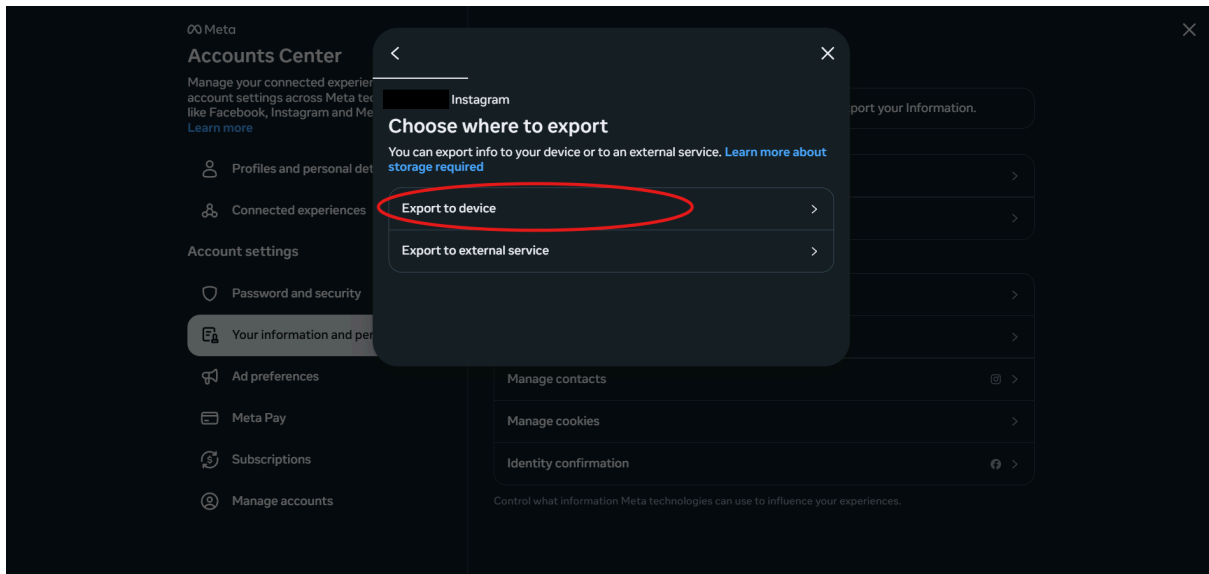
5. In the “Your information and permissions” pane, click “**Export your information**”



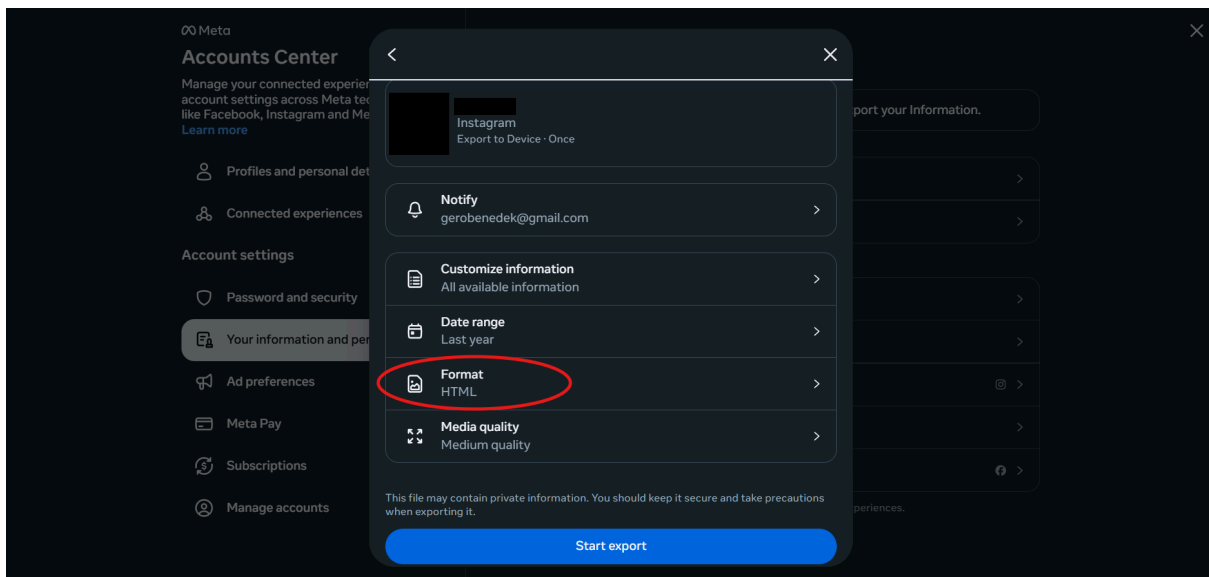
6. In the “Export your information” window, click “**Create export**”.



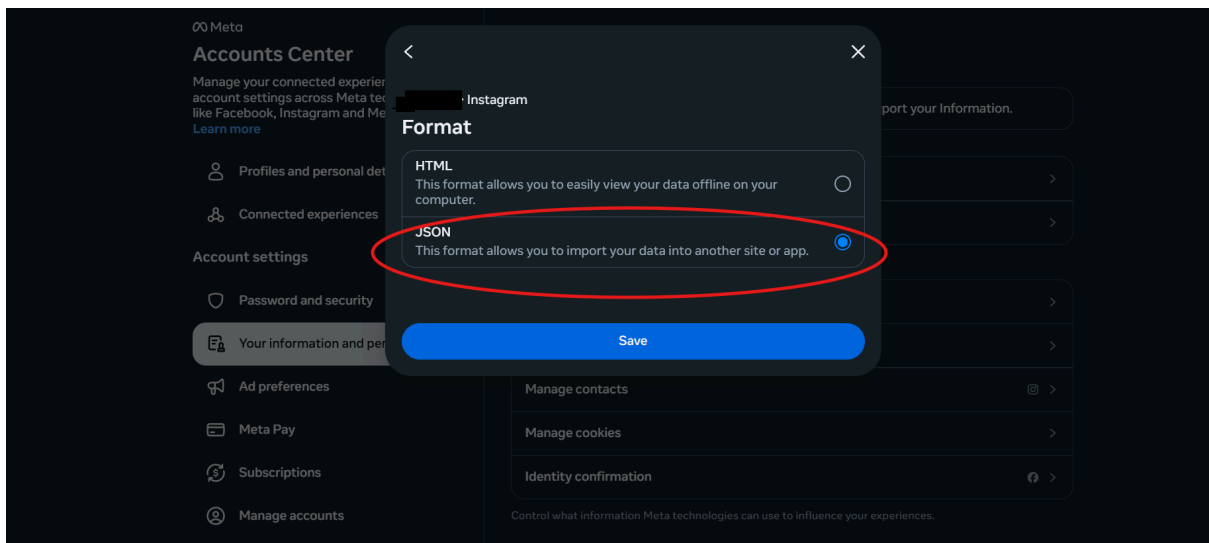
7. In the next screen, click “Export to device”.



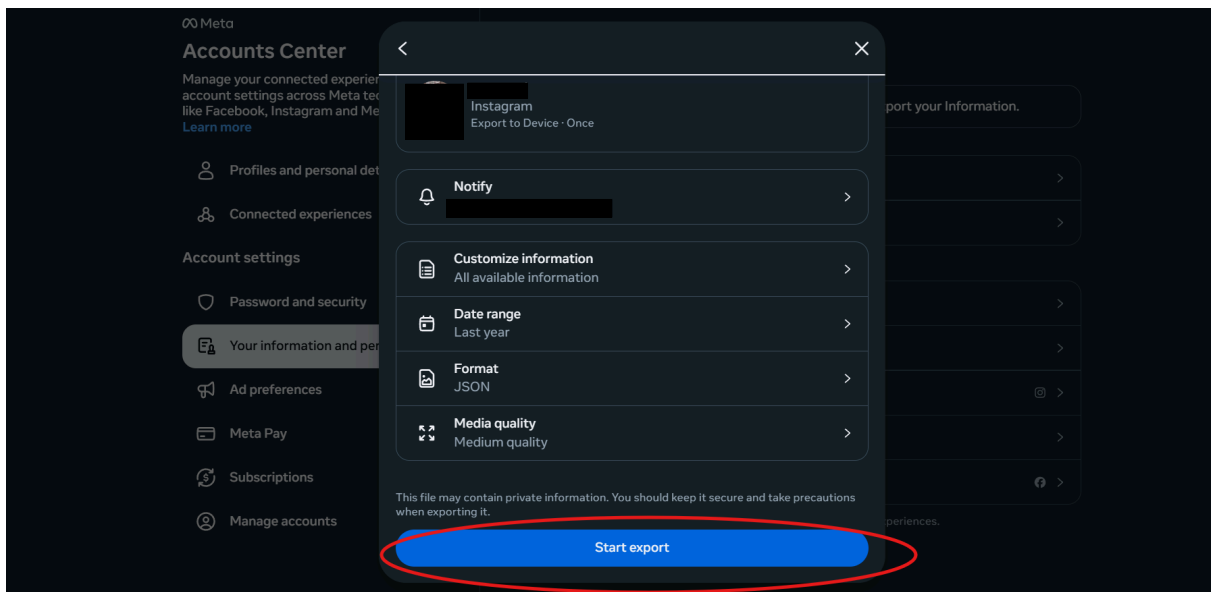
8. The window below will pop up. Here click on “Format”



9. The window below will pop up. Here choose the “JSON” option



10. Click “Start export”



11. After you request your data, the **download option** will appear within a few minutes (you will receive an email notification about it). Once it is available, click **Download**. Google may ask you to verify your identity. After verification, you will be able to download the ZIP file. **Please upload this ZIP file to the Qualtrics link we shared with you (please also check the instructions on how to upload to Qualtrics).**

