

Instagram Export

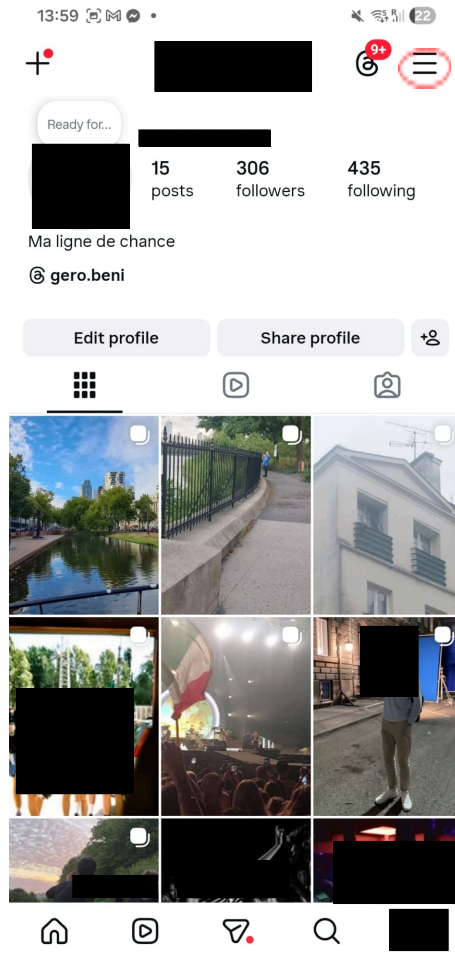
As of 18/02/2026

· This is for phone

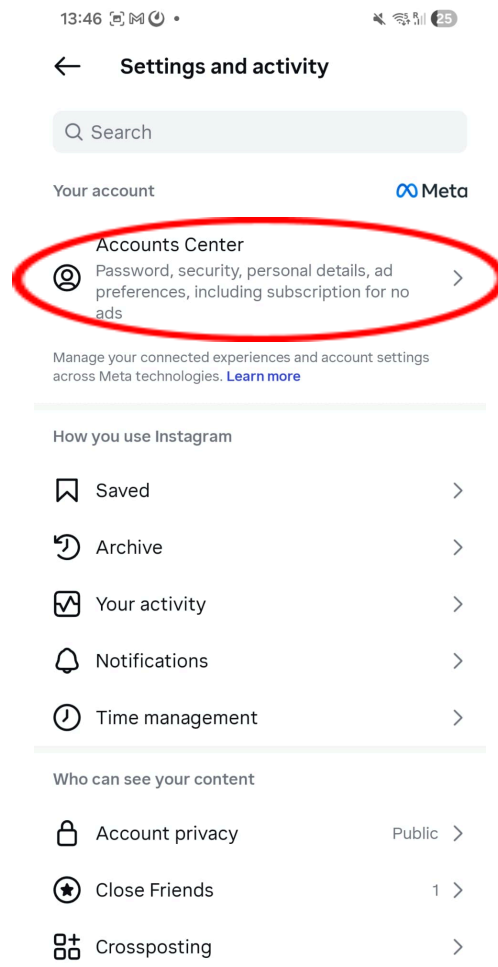
1. From your main feed page, click on your **profile** located at the **bottom-right part of your screen**.



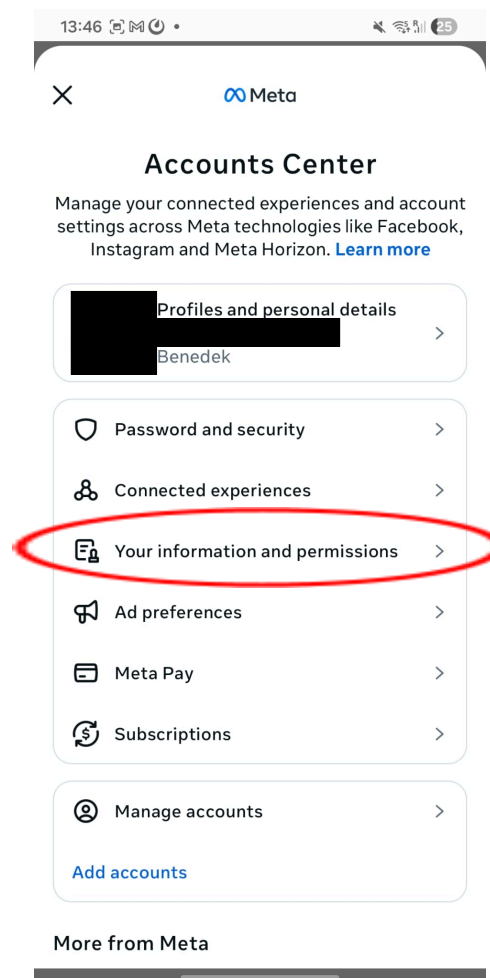
2. In your profile click on the three lines located at the **top-right part of your screen**.



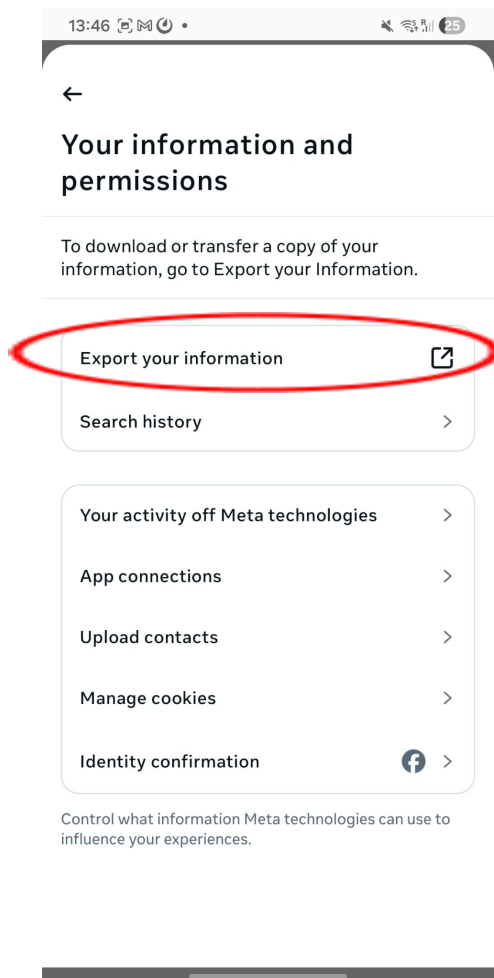
3. The “Settings” menu will pop up. Click on “**Accounts Center**”



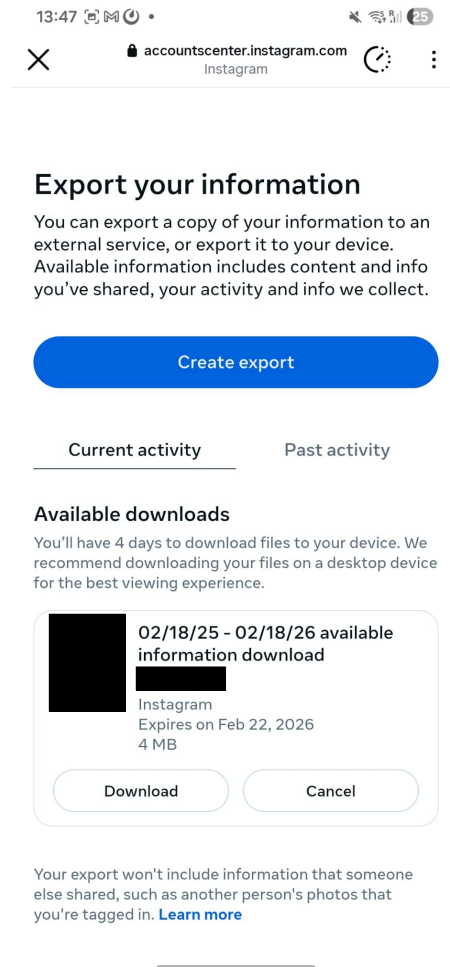
4. The Accounts Center window will appear, click **“Your information and permissions”** in the left menu pane.



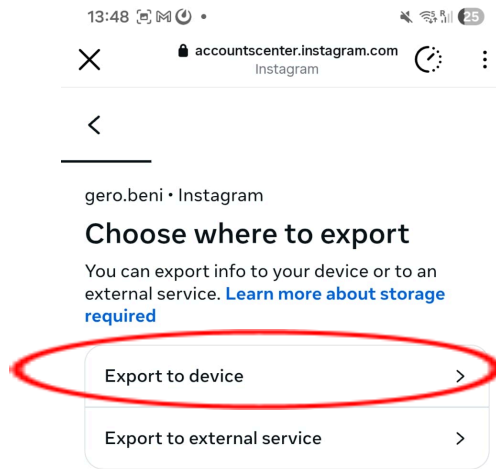
5. In the “Your information and permissions” pane, click “**Export your information**”



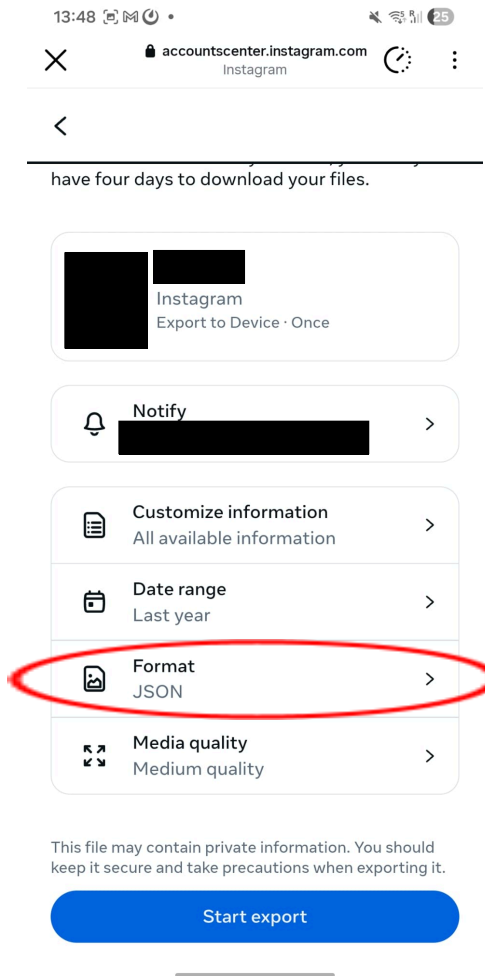
6. In the “Export your information” window, click “**Create export**”.



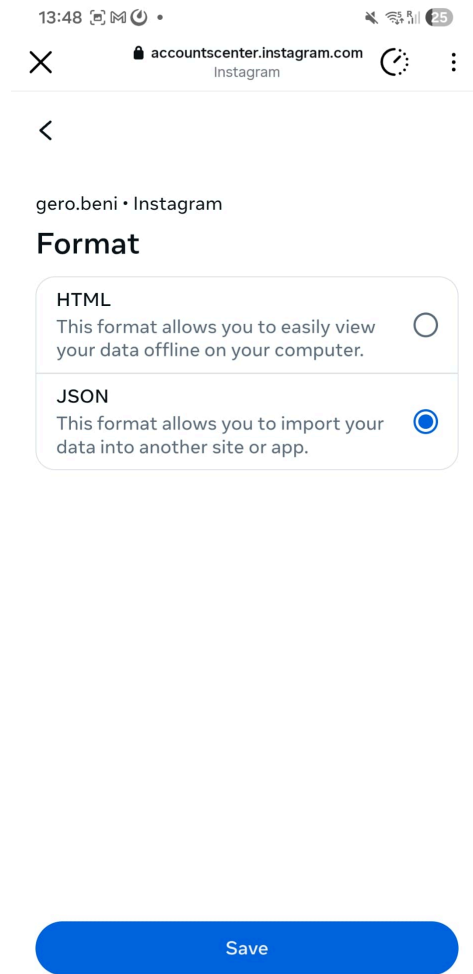
7. In the next screen, click **“Export to device”**.



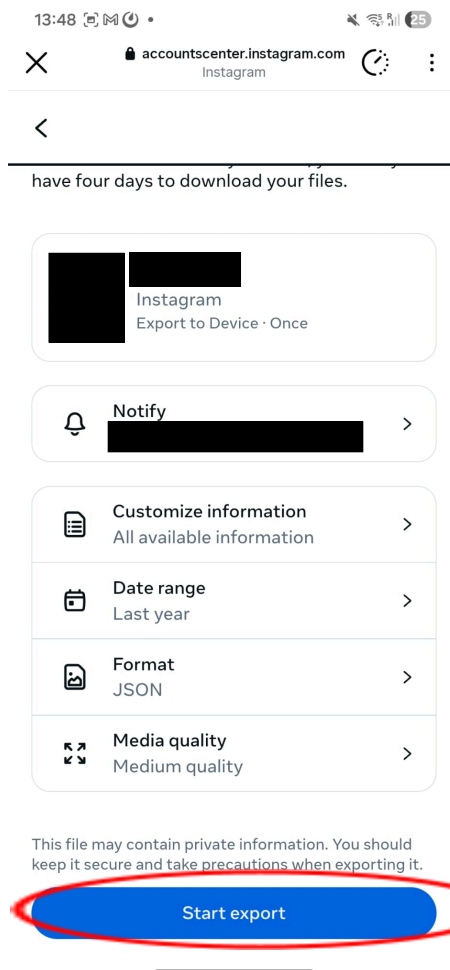
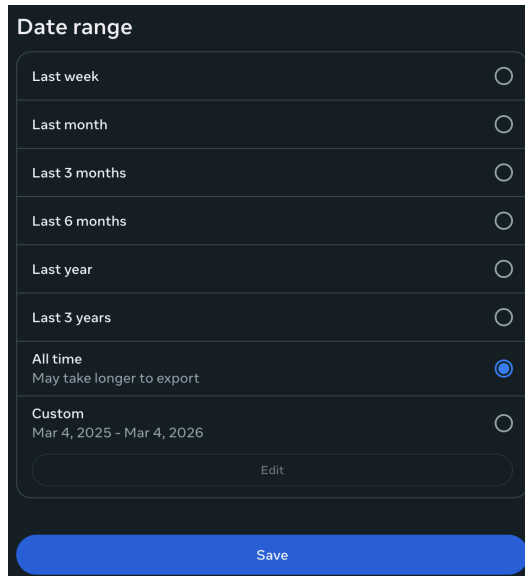
8. The window below will pop up. Here click on “**Format**”



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



10. Then go to “Date range” and choose “All time.” (If you would rather not select all time, please choose at least the last 3 years. This helps us include data from both before and after Instagram’s 2025 moderation policy change). To start the export, 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).**

