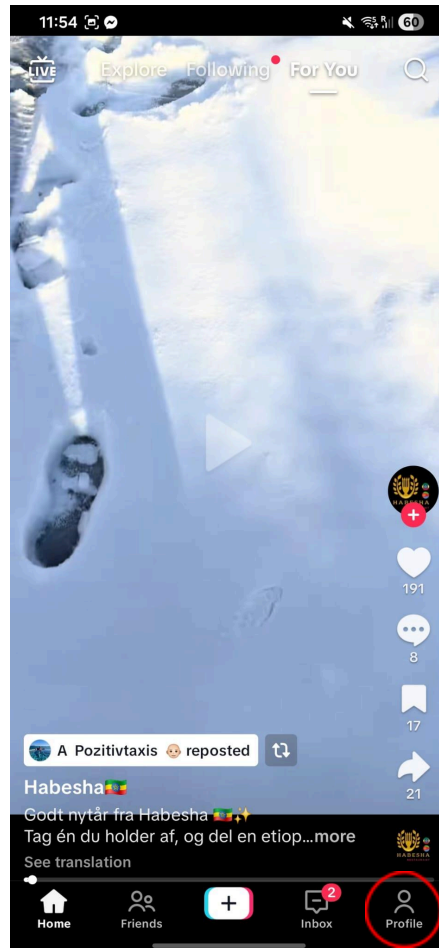


## TikTok Export

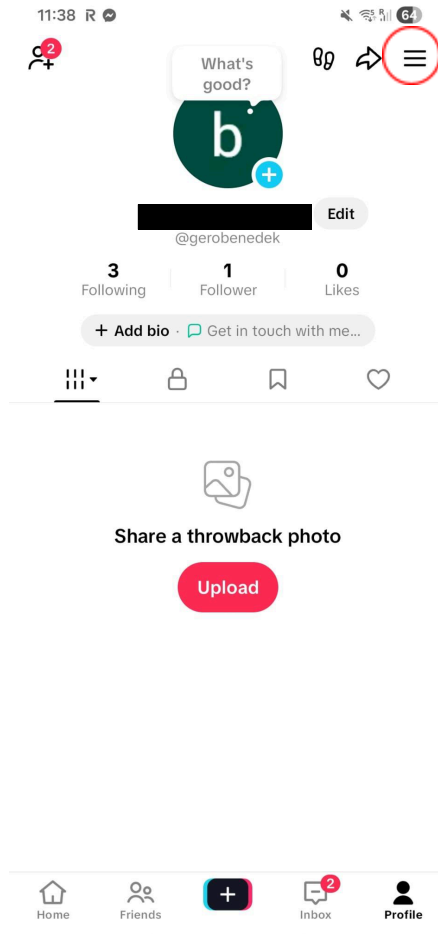
As of 13/02/2026

### Instructions for phone

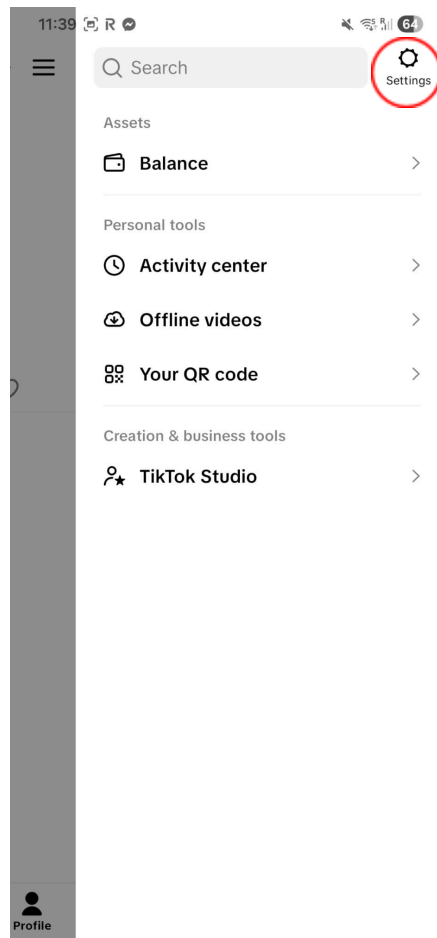
1. From your main feed page, click on the **“Profile”** button, located on the **bottom-right part of your screen**.



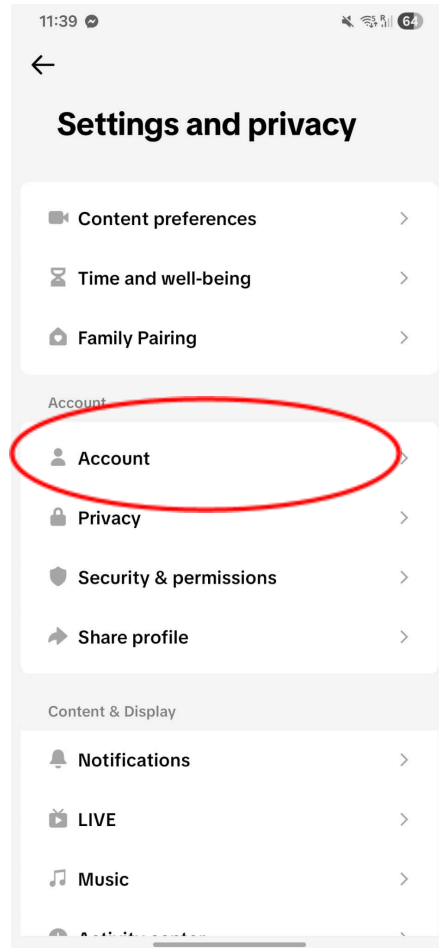
2. On the **profile page** click on the **three lines** located on the **top-right part of your screen**.



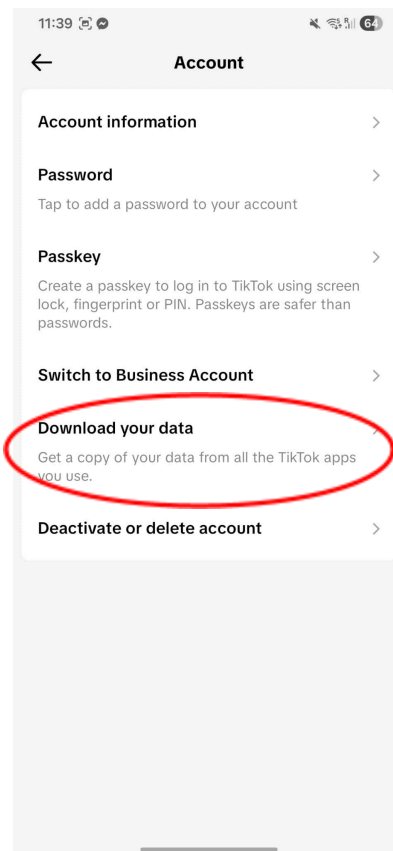
3. A menu will pop up, here, click the “**Settings**” option located at the **top-right corner of your screen**.



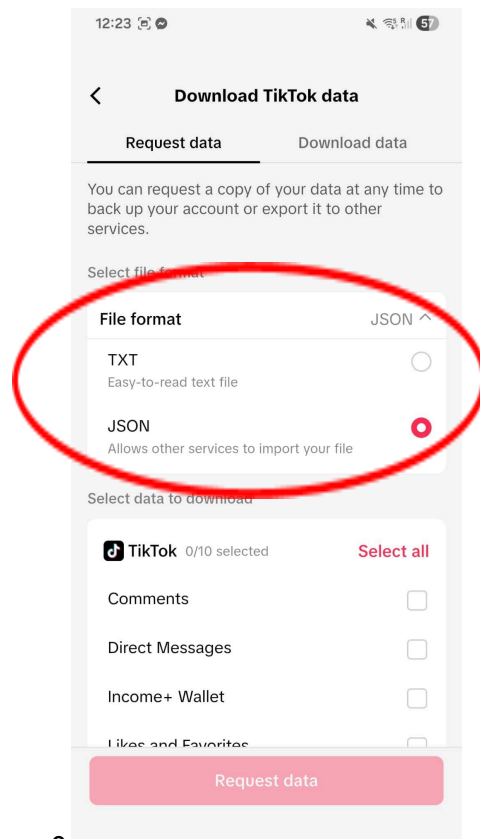
4. The “Settings” menu will pop up, click on the “Accounts” option.



5. The Account window will appear, click **“Download your data”**.

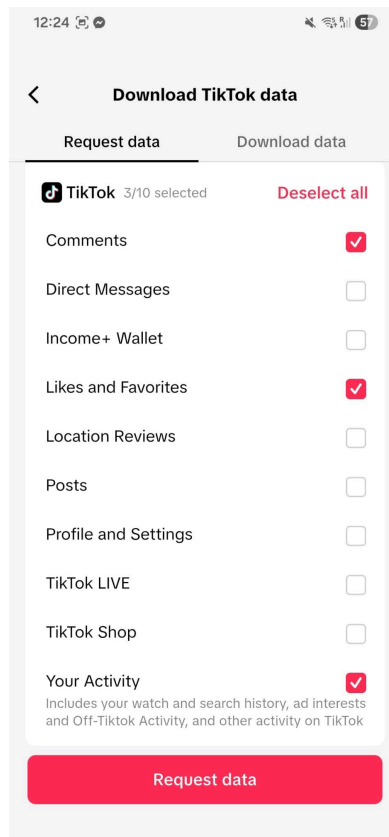


6. On this page, at the “Select file format” option, select “JSON” - TXT!!!!!!!



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7. At the “**Select data to download**” section, select “**Comments**”, “**Likes and Favorites**” and “**Your Activity**”. After this, **select request data**, at the bottom of the page



7. After you request your data, the **download option** will appear within a few minutes. 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)**.

