Digital Well-Being Study, Carleton University
Data Point Descriptions

1. Date(s) your Instagram account(s) was created.

2. Daily snapshots of your Instagram account settings for:
   a. quiet mode
   b. account privacy (for example, if your account was public or private)

3. Start and end time(s) of when your Instagram account(s) was used and what Instagram app you used (for example, iOS app, Android app, or desktop website).

4. Timestamp(s) of when you viewed non-ad content (for example, Feed post, Story, Reel, Live or IGTV), and other information related to this, including:
   a. what Instagram app you used to view the content (for example, iOS app, Android app, or desktop website)
   b. the content type you viewed (for example, whether it was a Feed post, Story, Reel, Live, or IGTV)
   c. whether the content you viewed was shared with the content author's Close Friends list

   Meta will not share the following information with the Researcher: (1) the actual content you viewed; (2) the identity (or any other information) of other Instagram users you have interacted with or connected to.

5. Timestamp(s) of when you created content on Instagram (for example, posts, Stories, or Reels) and other information related to this, including:
   a. the content type you created (for example, whether it was a post, carousel, archived Story, Reel, or IGTV)
   b. whether or not content you created was shared with your Close Friends list
   c. whether the content you created was a reshare

   Meta will not share the following information with the Researcher: (1) the actual content you viewed; (2) the identity (or any other information) of other Instagram users [you have interacted with or are connected to.

6. Timestamp(s) of when your account commented on content, and when another Instagram user commented on your content, together with information related to this, including:
   a. the type of content (for example, whether it was a Feed post, carousel, Story, Reel, IGTV) that received the comment
   b. whether you sent or received the comment, or whether you commented on your own content

Meta will not share the following information with the Researcher: (1) the comment made by you ; (2) the content on which the comment was made; (3) the identity (or any other information) of other Instagram users you interacted with or are connected to.

7. Timestamp(s) of when you liked content, and when another Instagram user liked your in addition to other related information, including:
   a. the content type (for example, whether it was a Feed post, carousel, Story, Reel, IGTV) that received the like
   b. whether you sent or received the like, or whether you liked your own content

Meta will not share the following information with the Researcher: (1) the actual content you viewed; (2) the identity (or any other information) of other Instagram users you interacted with or are connected to.

8. Timestamp(s) of direct messages sent by and sent to you and other related data including:
   a. the message type (for example, whether it was text, Story reply, link, reaction, video, photo, sticker, gif, share, or voice message)
   b. whether the message was sent by or sent to you

Meta will not share the following information with the Researcher: (1) the messaging content; (2) the identity (or any other information) of other Instagram users you interacted with or are connected to; (3) details about messages that are end-to-end encrypted or sent in vanish mode.

9. Daily connection counts of each authorized Instagram account:
   a. following you
   b. you are following
   c. on your close friends list

Meta will not share the following information with the Researcher: (1) the identity (or any information) of other Instagram users you have interacted with or are connected to, or have blocked or restricted.