

Introduction

This Study is part of a program conducted by Meta to share data with researchers and this FAQ is intended for you if you belong to any of the following groups :

- **You are a parent (or legal guardian) of a teen (aged 13-17 years old):** You previously consented to Meta sharing certain account and activity data from your Teen's Instagram account(s) for a study ("Study") conducted by one of the following research institutions ("the Researcher") (see the "Researchers' Contact Information" table in the [Appendix](#)).
- **You are a teen (aged 13-17 years old):** You previously consented to Meta sharing certain account and activity data from your Instagram account(s) for a study ("Study") conducted by one of the following research institutions ("the Researcher") (see the "Researchers' Contact Information" table in the [Appendix](#)).
- **You are 18 years of age or older:** You previously consented to Meta sharing certain account and activity data from your Instagram account(s) for a study ("Study") conducted by one of the following research institutions ("the Researcher") (see the "Researchers' Contact Information" table in the [Appendix](#)).

As a reminder, it is the Researcher who independently determines the Study design, participant recruitment, data collection, and data analysis. As such, the data Meta maintains for purposes of enabling the Study ("Study-Related Data") is limited . Therefore, you are encouraged to communicate directly with the applicable Researcher if you have any questions about the Study-Related Data and any other research data the researcher has in its possession.

The goal of this Frequently Asked Questions (FAQ) is to give you information about certain topics such as how to withdraw your consent for Meta to share Study-Related Data, how to request deletion of your or your Teen's Study-Related Data, and how to request a copy of your or your Teen's Study-Related Data.

Consent Withdrawal

As a parent (or legal guardian), how do I withdraw my consent for my Teen to share their Instagram account data for a Study?

To withdraw your consent (as a parent or legal guardian) for your Teen to share their Instagram data for a Study, email DataAccessPilot@meta.com with "Consent Withdrawal Request" in the subject line. You will receive a reply to your email prompting you to provide certain information in order to validate your and your Teen's identity.

Once your and your Teen's identities are verified, Meta will delete your Teen's Study-Related Data within 30 days and ensure that no additional data related to the Study for which you have withdrawn consent will be shared with the researcher. However, if you choose to re-consent to data sharing as part of a future study, Meta will share the data you consented to with the researcher. For details on the deletion process, see the [Data Deletion](#) section below.

If the Study-Related Data is in the process of being transferred or has already been transferred, Meta will still record your request and delete your Teen's Study-Related Data in its possession in accordance with the [Data Deletion](#) section below. Note that successfully processing this request will not result in deleting your Teen's Instagram account or content in your teen's account. Additionally, it will not result in deleting any data in the Researcher's possession, including any Study-Related Data that Meta has already shared with the Researcher or any other Study data collected by the Researcher. For information on how to delete the data held by the Researcher, please contact them directly. You can find the Researchers' information in the [Appendix](#).

As a teen or adult study participant, how do I withdraw my consent for Meta to share my Instagram account data for a Study?

To withdraw your consent to share your Instagram data for a Study, email DataAccessPilot@meta.com with "Consent Withdrawal Request" in the subject line. You will receive a reply to your email prompting you to provide certain information in order to validate your identity.

Once your identity is verified, Meta will delete your Study-Related Data within 30 days and ensure that no additional data related to the Study for which you have withdrawn consent will be shared with the researcher. However, if you choose to re-consent to data sharing as part of a future study, Meta will share the data you consented to with the researcher. For details on the deletion process, see the [Data Deletion](#) section below. If the Study-Related Data is in the process of being transferred or has already been transferred, Meta will still record your request and delete your Study-Related Data in its possession as soon as possible. Note that successfully processing this request will not result in deleting your Instagram account or content in your Instagram account. Additionally, it will not result in deleting any data in the Researcher's possession, including any Study-Related Data that Meta has already shared with the Researcher nor any other Study data collected by the Researcher. For information on how to delete the data held by the Researcher, please contact them directly. You can find the Researchers' information in the [Appendix](#).

Data Deletion

As a teen or adult study participant, can I delete my Study-Related Data?

To request Meta to delete your Teen's Study-Related Data, email DataAccessPilot@meta.com with "Deletion Request" in the subject line. You will receive a reply to your email prompting you to provide certain information in order to validate your and your Teen's identity.

Once your identity is verified, Meta will delete your Study-Related Data within 30 days. It is important to note that while Meta will delete your Study-Related Data it has in its possession, it will not delete your Instagram account or content in your account. Additionally, successfully processing this request will not result in deleting any data in the Researcher's possession, including any Study-Related Data that Meta has already shared with the Researcher nor any other Study data collected from the Researcher. For information on how to delete the data held by the Researcher, please contact them directly. You can find the Researchers' information in the [Appendix](#).

As a parent (or legal guardian), can I delete my Teen's Study-Related Data?

Only in certain regions, which give parents the right to delete their teen's data. If your Teen lives in Florida or Texas in the United States, you may initiate a request to delete your Teen's Study-Related Data in Meta's possession by emailing your data deletion request to Meta at DataAccessPilot@meta.com with "Parent/Guardian Deletion Request" in the subject line. You will receive a reply to your email prompting you to provide certain information in order to validate your and your Teen's identity.

If your Teen lives in these states, once your identity is verified, Meta will delete your Teen's Study-Related Data within 30 days. It is important to note that while Meta will delete the Study-Related Data it has in its possession, it will not delete your Teen's Instagram account or content in your teen's account. Additionally, successfully processing this request will not result in deleting any data in the Researcher's possession, including any Study-Related Data that Meta has already shared with the Researcher nor any other Study data collected by the Researcher. For information on how to delete the data held by the Researcher, please contact them directly. You can find the Researchers' information in the Appendix.

As a parent (or legal guardian), what if my Teen deletes their Instagram account or content in their account *after* authorizing Meta to share their Instagram data for the Study? Or, as a teen or adult, what if I delete my Instagram account or content in my account after authorizing Meta to share their data for the Study?

If you or your teen delete you or your teen's Instagram account or content in your or your teen's account after Meta has already initiated the transfer of your Study-Related Data to the Researcher, Meta will delete your Study-Related Data it has in its possession, but your Study-Related Data will still be accessible to the Researcher. If you wish to delete your Study-Specific Data, follow the steps outlined above.

Data Access

As a teen or adult study participant, can I get a copy of my Study-Related Data?

You may request a copy of your Study-Related Data by emailing your data access request to Meta at DataAccessPilot@meta.com with “Access Request” in the subject line. You will receive a reply to your email prompting you to provide certain information in order to validate your identity.

Once your identity is verified, Meta will provide you with a copy of your Study-Related Data in Meta’s possession within 30 days. It is important to note that while Meta will provide you copies of your Study-Related Data, it does not have access to the Study data collected by the Researcher. For information on how to access the data in the Researcher’s possession, please contact them directly. You can find the Researchers’ information in the [Appendix](#).

As a parent (or legal guardian), can I get a copy of my Teen’s Study-Related Data?

Only in certain regions, which give parents the right to access their teen's data. If your Teen lives in Florida or Texas in the United States, you may initiate a request for a copy of your Teen’s Study-Related Data in Meta’s possession by emailing your data access request to Meta at DataAccessPilot@meta.com with “Parent/Guardian Access Request” in the subject line. You will receive a reply to your email prompting you to provide certain information in order to validate your and your Teen’s identity.

If your Teen lives in these states, once your and your Teen’s identities are verified, Meta will provide you with a copy of your Teen’s Study-Related Data in Meta’s possession within 30 days. It is important to note that while Meta will provide you copies of your Teen’s Study-Related Data, it does not have access to your Teen’s Study data collected by the Researcher or in the Researcher’s possession. For information on how to access the data held by the Researcher, please contact them directly. You can find the Researchers’ information in the [Appendix](#).

Data Retention

For how long will Meta retain my or my Teen’s Study-Related Data?

Meta will retain your or your Teen’s Study-Related Data for the purposes of the Study, and long enough to comply with legal and regulatory obligations.

For how long will the researcher be able to access my or my Teen’s Study Specific Instagram Data?

The Researcher may access the Study Specific Data for up to 15 months following Meta's initial data delivery. If necessary for the Study, the Researcher can also request an extension to this period. After the Researcher publishes the Study's findings, the Study-Specific Instagram Data will be available to other researchers for up to 3 years to validate the findings.

Please note that Meta may extend access to the Study-Specific Instagram Data beyond the 3-year period in limited cases, such as: a scientific journal for publication, by researchers through the organization administering the initiative (for example: the [Center for Open Science](#)), or to adhere to the researcher’s institutional policies.

Additional Questions

If I have a question or concern that is not addressed here, how do I contact Meta?

If you have specific questions related to the Instagram Data you’ve authorized Meta to share for purposes of this Study, you can contact Meta by emailing DataAccessPilot@meta.com. Meta may ask you for more information to verify your identity in order to better address your question or concern.

How do I contact the Researcher for the Study I am or my Teen is participating in?

For your convenience, the list of Researchers, along with their applicable Study and contact information can be found in the [Appendix](#).

Appendix

Researchers’ Contact Information

Researcher	Study	Contact Information
Andrea Howard	“Well-Being Associations with Daily Activities on Instagram and Moderation by Beliefs About Social Media Addiction”	readylab@carleton.ca
Anja Stevic	“Decoding Instagram Use: The Impact of Content Engagement and Individual Differences on Young Adults’ Well-Being”	astevic@stanford.edu
Ella Moeck	“Reel Feelings: Reciprocal Relationships between Instagram Use and Emotions”	ella.moeck@adelaide.edu.au

Dan-Mircea Mirea	"Social Media Reward Sensitivity as a Risk Factor for Depression"	dmirea@princeton.edu
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