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# Can we improve self-esteem by reducing Instagram usage, via a novel online imagery intervention?

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## **Appendices**

### **Appendix A. Novel Online Imagery Intervention.**

Think about how much you currently use Instagram.

How do you feel about that?

**Answer box**

Are there any benefits or downsides to your level of Instagram use?

**Answer box**

Does Instagram interfere with your daily life? If so, how?

**Answer box**

Does Instagram have an impact on how you feel about yourself? If so, how?

**Answer box**

If you reduced your Instagram usage, what improvement might you see after one month?

**Answer box**

What alternative activities would you want to do, instead of using Instagram? For example, calling your friend, completing your University work, enjoying your favourite hobby, etc.

**Answer box**

***Now we are going to go into imagery mode.***

***Imagine yourself using Instagram...what you can see...hear...what you can touch...and how you feel about yourself.***

***Now imagine your ideal self, where you are using Instagram less and noticing the improvements.***

***Imagine yourself in one month's time, when you have succeeded in becoming your ideal self. Imagine what you will be doing...what you can see...hear...smell...taste...and how you will be feeling about yourself.***

How did this imagery task make you feel?

**Answer box**

What was good about it?

**Answer box**

Here are some of the alternative activities you identified earlier. Pick one of them for the next imagery exercise.

***Think about a time in the next few days, when you have the desire to use Instagram. Now imagine that you engage in your alternative activity instead.***

***Imagine what you will be doing...what you can see...hear...smell...taste...and how you will be feeling about yourself.***

How did that feel?

**Answer box**

What was good about it?

**Answer box**

We encourage you to use these imagery tasks in your daily life. Practice imagining your ideal self while completing tasks such as washing hands, doing dishes, etc. Also practice imagining your alternative activity whenever you experience a craving for Instagram.

This will help you keep on track with reducing your Instagram use.

Good luck!

## **Appendix B. Timeline Followback (TLFB) method**

Please think back to yesterday.

Think about waking up, and what you did before breakfast. Then think about the period of time between breakfast and dinner. Now think about what you did between lunch and dinner. Finally, think about what you did after dinner.

Hopefully these prompts have given you a chance to reflect. When you're ready, please answer the questions below.

*Did you use Instagram before breakfast?*

**Answer box**

*Did you use Instagram between breakfast and lunch?*

**Answer box**

*Did you use Instagram between lunch and dinner?*

**Answer box**

*Did you use Instagram after dinner?*

**Answer box**

Please think back to two days ago.

*Did you use Instagram before breakfast?*

**Answer box**

*Did you use Instagram between breakfast and lunch?*

**Answer box**

*Did you use Instagram between lunch and dinner?*

**Answer box**

*Did you use Instagram after dinner?*

**Answer box**

Now think back to three days ago

*Did you use Instagram before breakfast?*

**Answer box**

*Did you use Instagram between breakfast and lunch?*

**Answer box**

*Did you use Instagram between lunch and dinner?*

**Answer box**

*Did you use Instagram after dinner?*

**Answer box**

Thank you for answering, you have completed the Timeline Followback method.