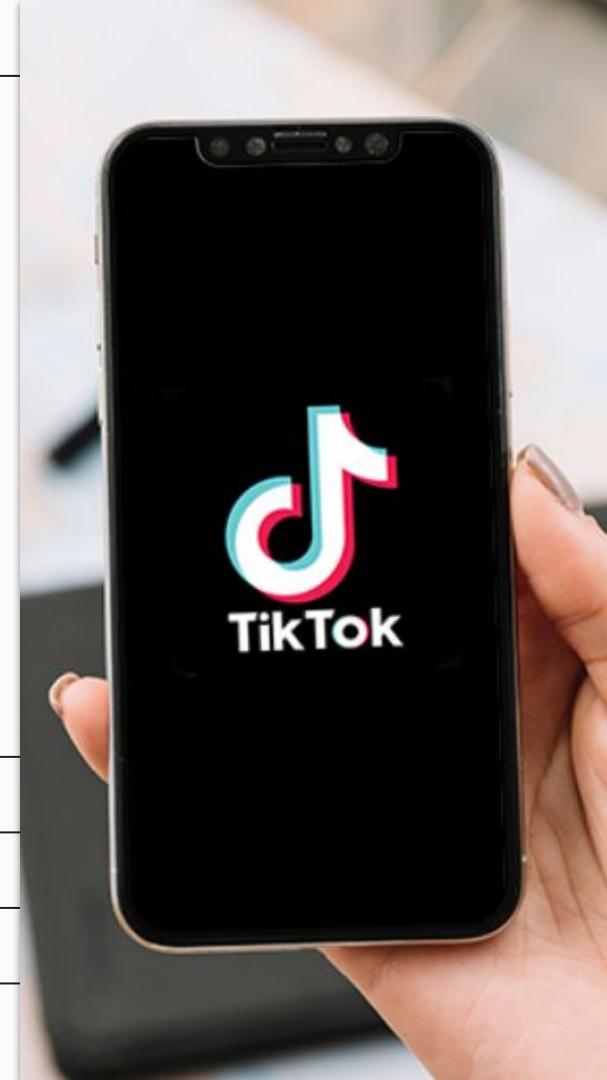


Comparative Analysis of Sponsored and Organic Content on Fitness TikTok

BUS 439 Analytics Project

FALL 2025

Vibhuti Gandhi



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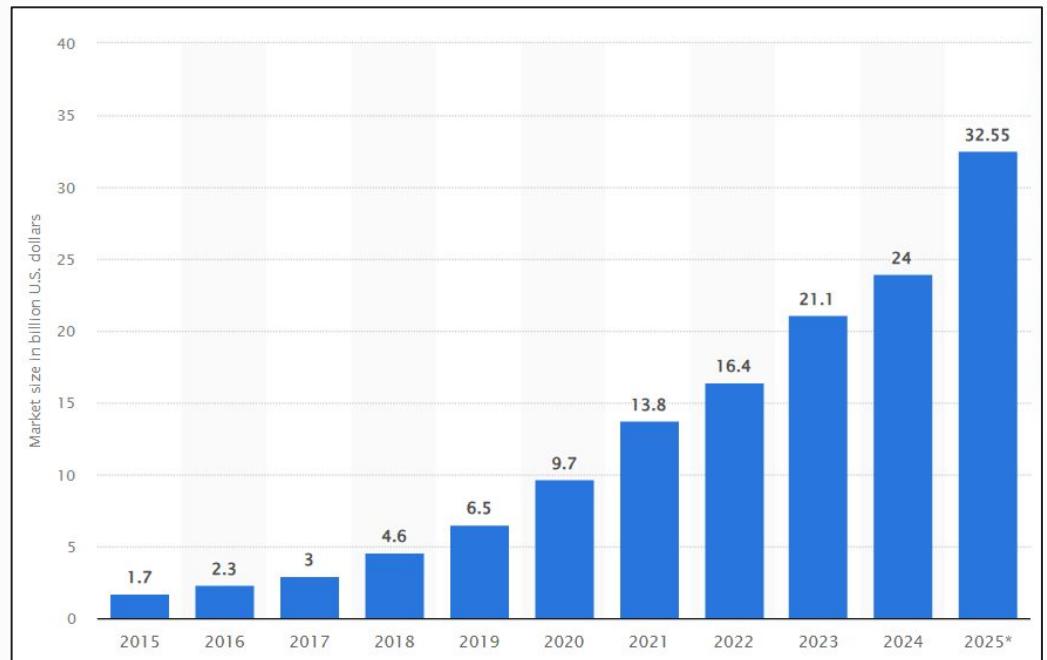
Recommendations

Influencer Marketing

With over **80%** of marketers viewing influencer marketing as highly effective, TikTok has rapidly emerged as a leading platform — now preferred by **52%** of brands.

(Influencer Marketing Hub, 2025; ScienceDirect, 2025)

Influencer marketing market size worldwide from 2015 to 2025



Research Motivation

Influencers who engage authentically with their audience and share genuine experiences lead to higher consumer engagement, which ultimately drives brand loyalty.

(Baghel, 2024)

Key Questions:

- What share of fitness content on Tiktok is sponsored?
- How do creators weave sponsorships into videos?
- Can we measure the authenticity of a video?
- What effect does authenticity of a sponsored video have on its engagement?

Methodology

Sampling

- **25 fitness creators**
- **Stratified** by followers
- High (>1 million): **8 creators**
- Medium (100k to 1 million): **9 creators**
- Low(<100k): **8 creators**

Collection

- **yt-dlp scraper**
- Dataset of 2,500 videos
- **Video Metadata** (Views, Likes, Comments, Bookmarks, etc.)
- **Video transcripts**

Detection

- Multi-signal sponsored content heuristic classifier
- **8 detection methods** (Explicit, Implicit, Promo Codes, Brand mentions, CTA Phrases, Transcript Analysis, Engagement Anomaly, Product Recommendation)
- Weighted scoring

Analysis

- Create metrics for **Engagement & Authenticity**
- Exploratory analysis
- Natural Language Processing (NLP) using **Empath** and **VADER**.

Insights

- **Matched Pairs Experiment**
- Summary
- Recommendations

Sponsored Content Detection

25

Fitness Creators

2500

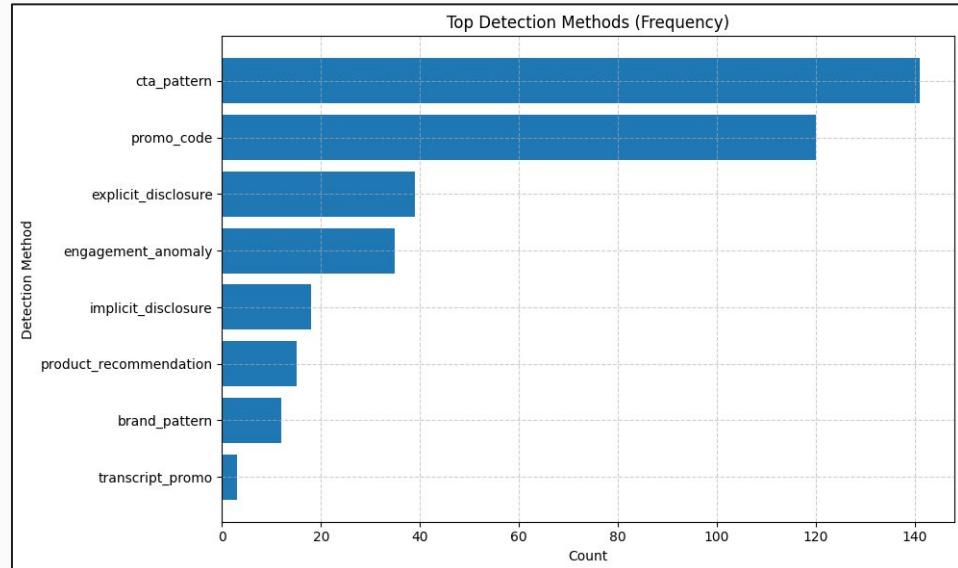
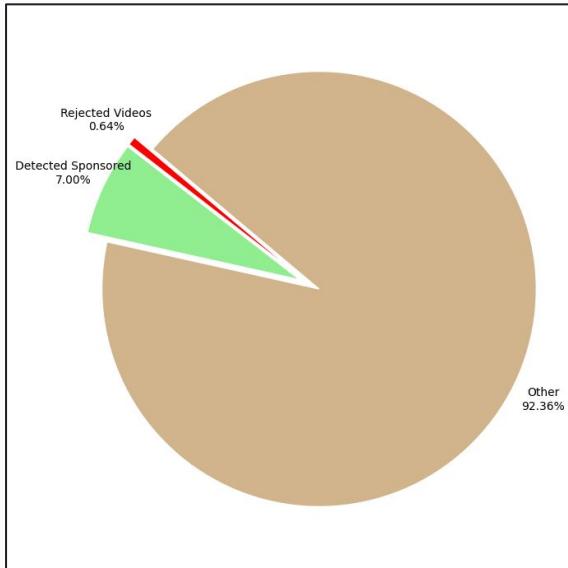
Total videos

175

Sponsored videos

16

Rejected videos

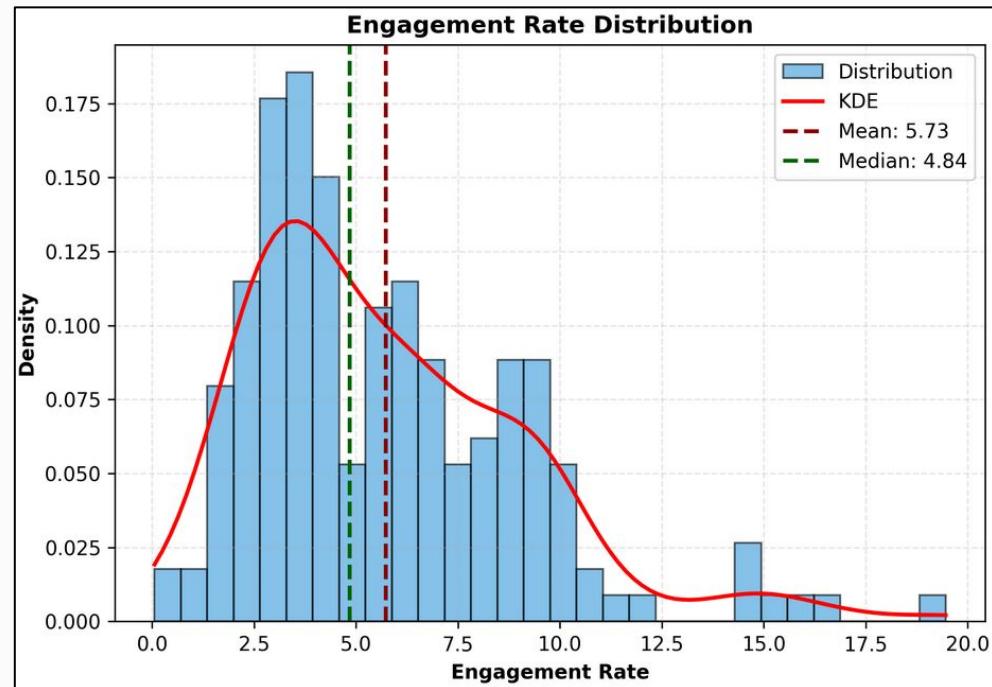


Engagement as a Measure of Success

Accurately Measures How Well the Content Resonates

Normalizes Performance Across Different Creators and View Counts

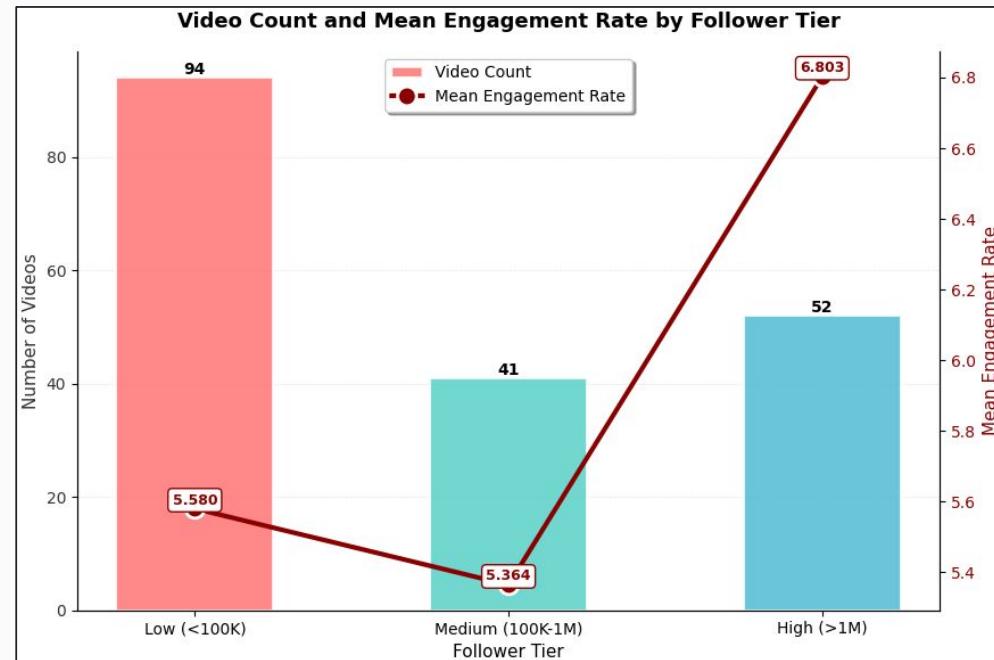
Provides the Best Available Proxy Since Sales/Click Data Is Missing



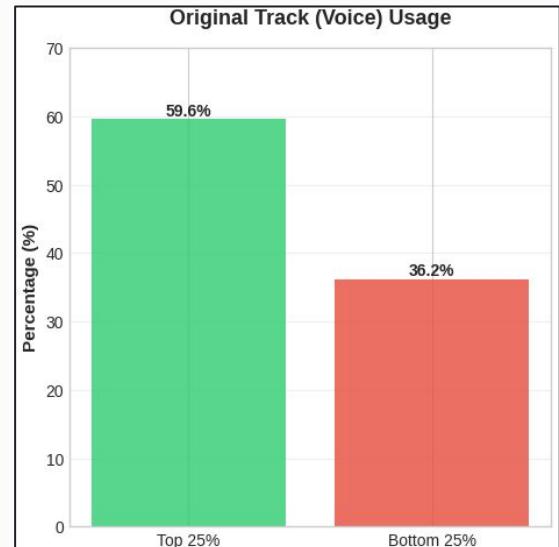
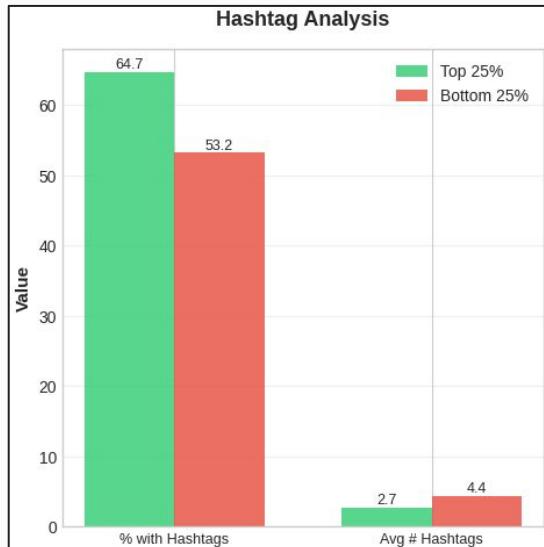
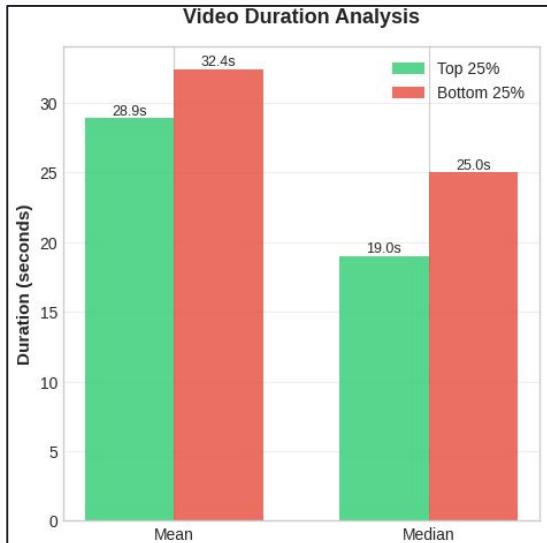
$$\text{Engagement Rate} = (\text{Likes} + \text{Comments} + \text{Reposts}) / \text{Views}$$

Engagement of Sponsored Videos

High-follower creators achieve the **highest mean engagement rate (6.80%)** on sponsored content, followed by low-follower creators (**5.58%**), while medium-tier creators (**5.36%**) show the lowest engagement despite having the fewest videos in the dataset.



Pattern Analysis of Sponsored Videos



Shorter videos tend to perform better!
Ideal length: **19-30 seconds**

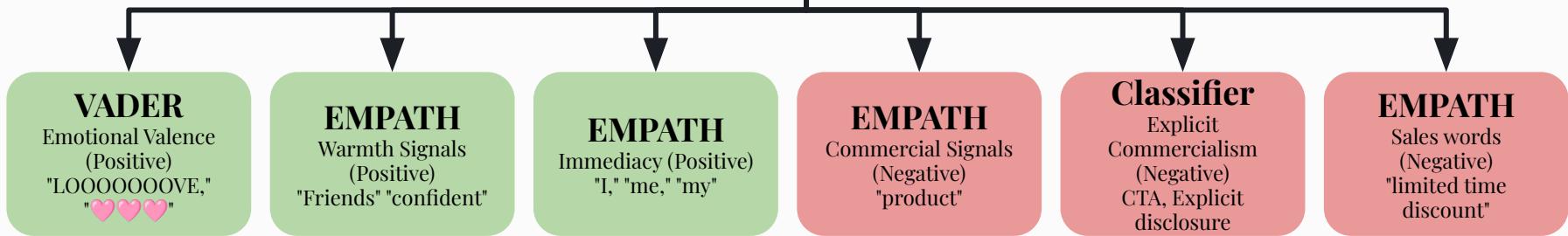
Use no more than **3 Hashtags!**

Use your **own voice** instead of music!

Capturing Authenticity

Video Description:

I absolutely LOOOOOOOVE this product ❤️❤️❤️!!! It makes me feel so confident.
All my friends use it! Check the link in bio for a limited time discount. #self-love
#ad #company"



VADER “The Tone”

We chose this over standard sentiment tools because VADER is tuned for social media. It understands that CAPS LOCK indicates intensity and that emojis carry weight. This gives us our 'Emotional Valence' score.

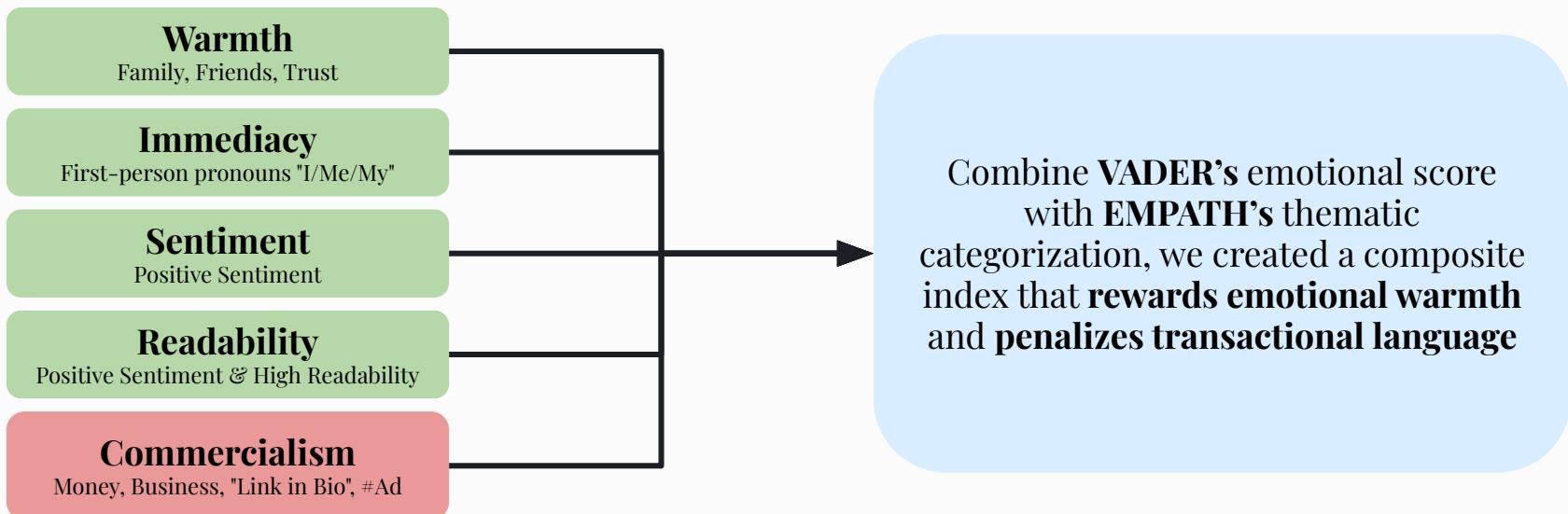
EMPATH “The Topic”

Unlike VADER, which measures tone, Empath measures topics. We programmed it to scan for two opposing clusters: Warmth Categories: Words related to family, trust, and friends. Commercial Categories: Words related to money, business, and transactions. This allows us to detect when a creator shifts from storytelling to selling.

Quantifying Authenticity

$$\text{Authenticity Score} = \frac{\sum(\text{Warmth}, \text{1st Person}, \text{Readability}) - \sum(\text{Commercial Intent})}{5}$$

All variables are z-scored to create a balanced 0-100 index.



Experiment Design

Data Ingestion

Input: Raw export of TikTok video metadata.

Filtering: Removed missing descriptions & standardized dates from TikTok Descriptions.

Engagement Metric: Calculated (Likes + Comments + Reposts) / Views.

Final N: 2,463 videos across 25 Creators.

Feature Engineering

Tools: Empath (Lexical Categories) & VADER (Sentiment).

Output: Normalized "Authenticity Score" (0-100).

The Control Strategy

Challenge: Videos perform differently depending on trends/seasonality.

Logic: Matched-Pair Design. For every 1 Sponsored video, we selected 3 Organic videos from the same creator posted at the closest possible date.

Result: 700 paired observations.

Statistical Inference

Method: Mixed Linear Models (MLM).

Why? To control for clustering (Video i is nested within Creator j).

Variables: Fixed Effects: Sponsorship status, Follower count.
Random Effects: Creator ID.

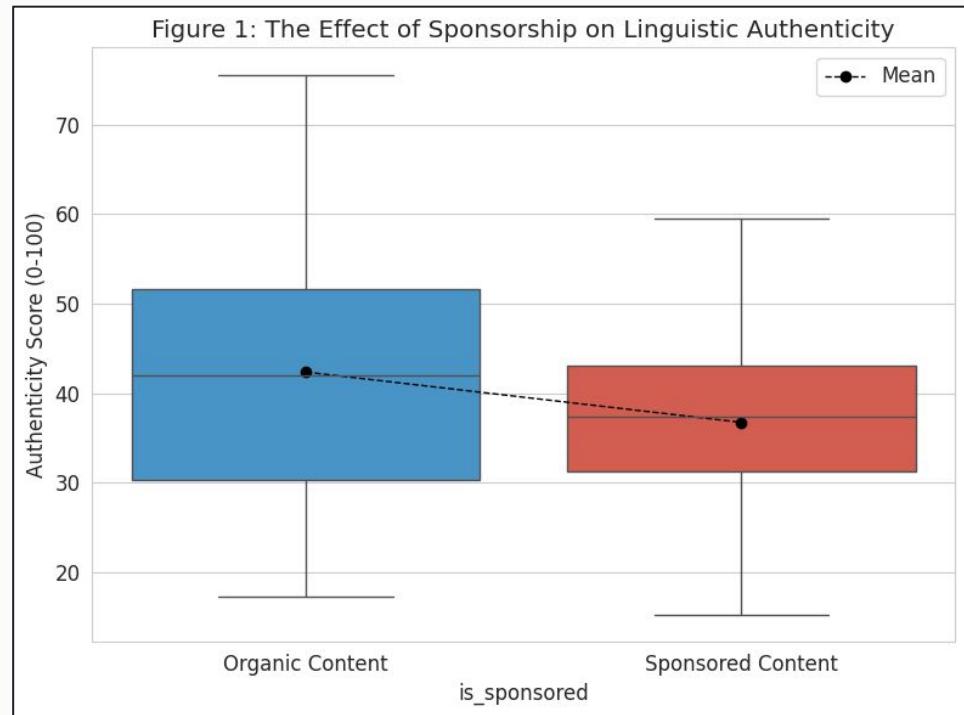
Goal

To detect if creators change their linguistic style when posting sponsored content and if audiences punish them for it.

The "Sell-Out" Effect

There is a **statistically significant drop in authenticity** when a video is sponsored ($t = -5.005$, $p < 0.001$).

Organic Mean: 42.35 | Sponsored Mean: 36.72.



The Change in Authenticity

Self-focus and immediacy takes a big hit in sponsored content vs. organic content, **dropping by ~60% in sponsored posts.**

Warmth and Readability stays relatively the same.

Naturally, Commercialism sees a big increase!



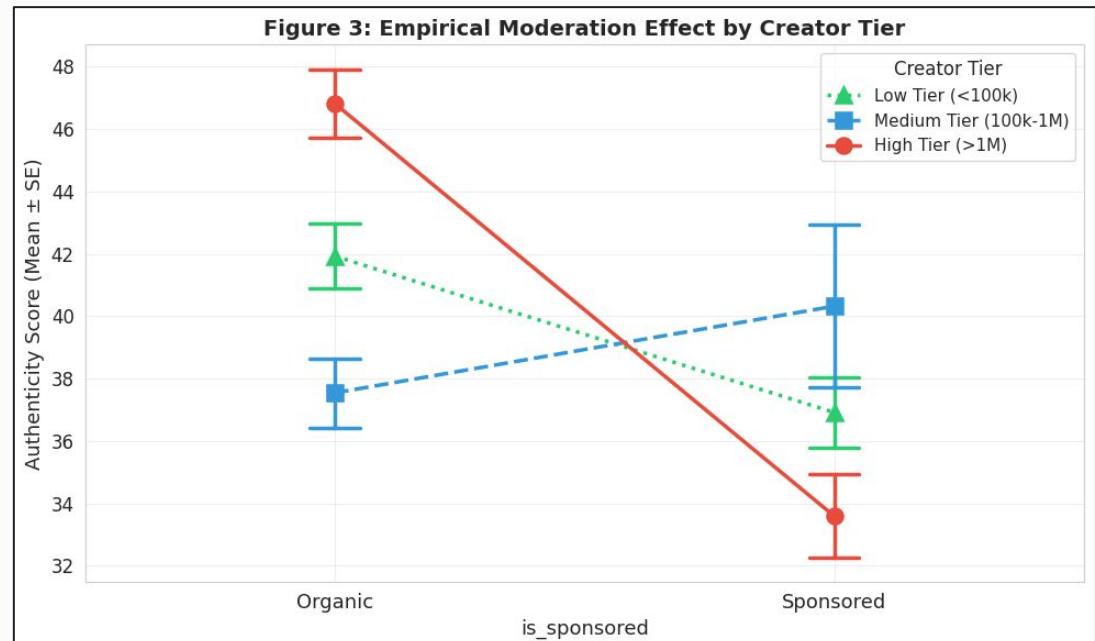
Moderation Analysis

The **bigger the influencer, the faker they sound** in ads.

Creators with 1M+ followers drop 10 points in authenticity vs. just 1.6 points for smaller creators

We employed a mixed-effects linear regression with random intercepts for creators to account for within-creator clustering.

The model converged successfully (REML estimation,
Log-Likelihood = -2793.78



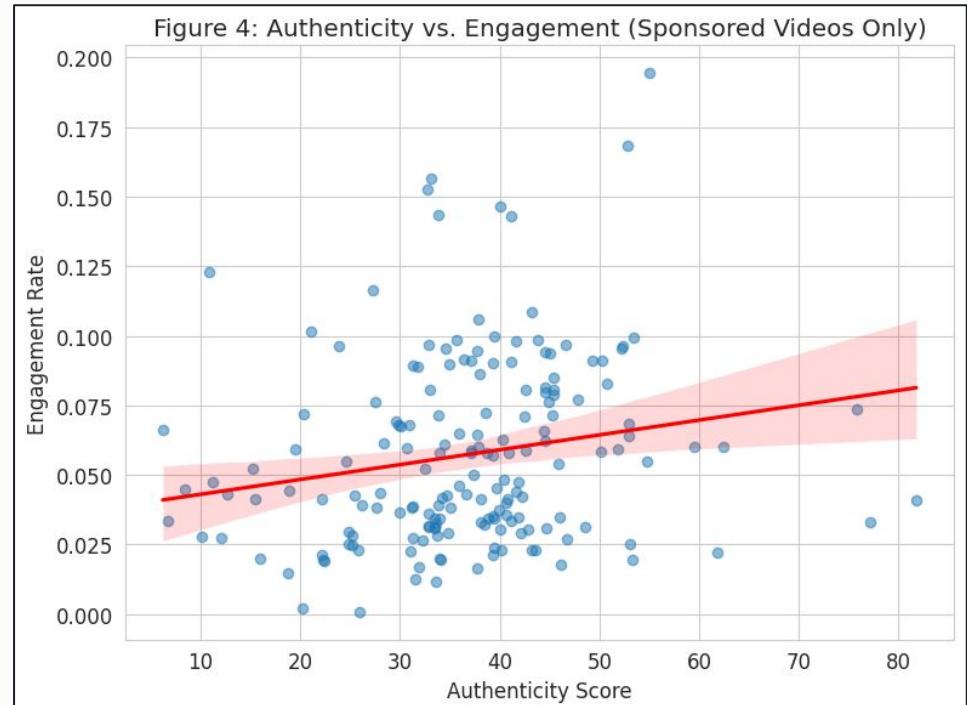
Does Authenticity Pay?

Even within an ad, sounding like a human (using "I", showing warmth, avoiding jargon) correlates with significantly higher likes, comments and shares.

Regression controlled for follower count and word count.

Finding: **Authenticity is a positive predictor of Engagement Rate** (Coef = +0.19, p < 0.001).

Result: The interaction is **negative and significant** (Coef = -4.027).



Recommendations

For Brands:

Avoid strict scripts that force a commercial tone and reduce first-person language.

Allow creators to use their natural voice, as **high-authenticity ads perform better.**

Monitor an "**Authenticity Score**" for creators to guide partnership selection.

For Creators:

Work to maintain "**I/Me" pronouns** and try to build a connection with audience, even in ads.

Be aware that as you grow, your audience becomes more sensitive to **linguistic style changes.**



Any questions? Ask away!

Let's discuss any doubts or concerns.
If something comes up later, please reach out via vga17@sfu.ca

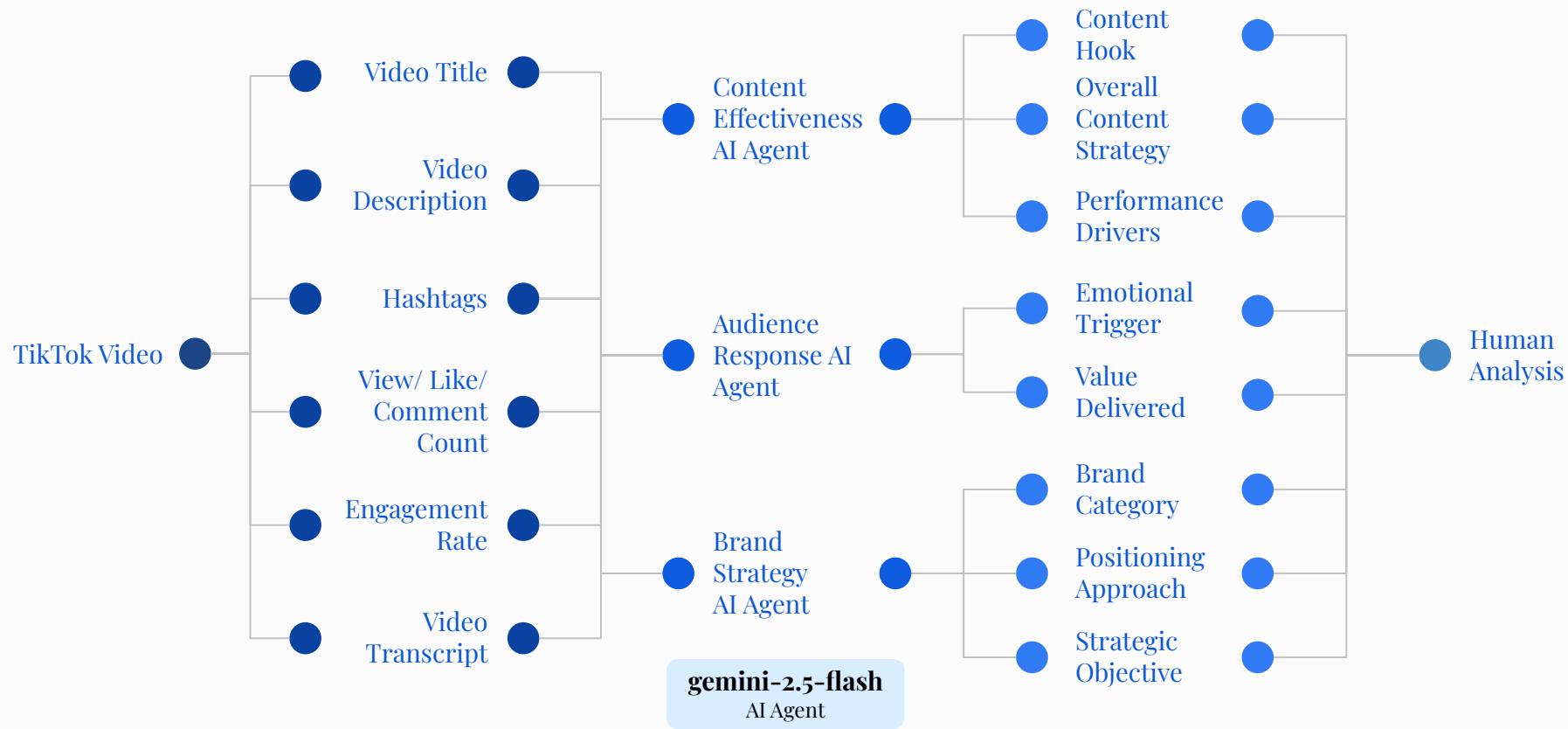
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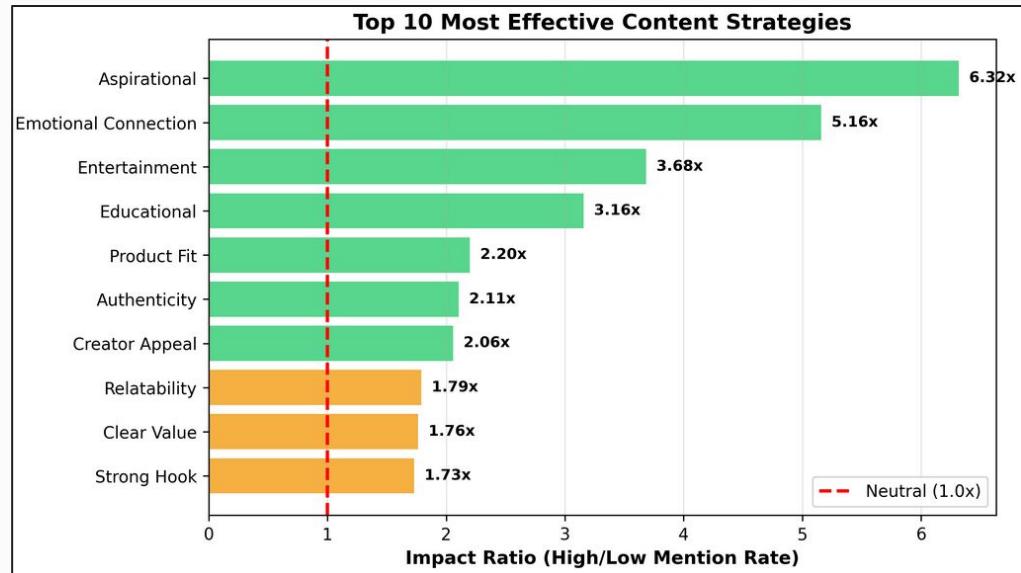
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Multi-Agent AI Architecture



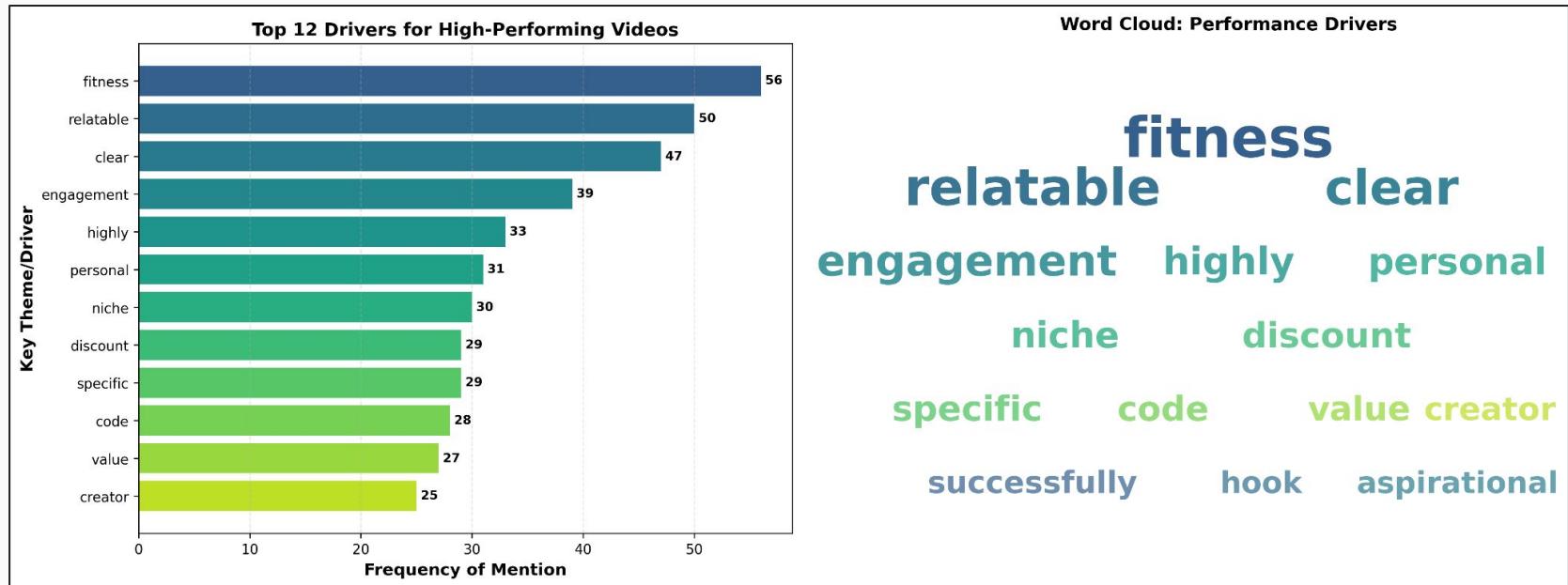
Effective Content Strategies

The top three strategies: **Aspirational (6.32x)**, **Emotional Connection (5.16x)**, and **Entertainment (3.68x)** all emphasize creative, non-sales-y, narrative-driven content. Focus lies on **feeling** and **experience** rather than product features.



Impact Ratio (High Mention Rate / Low Mention Rate). Impact Ratio $>1.0x$ means the strategy is more prevalent in high-performing videos than in low-performing ones, indicating its effectiveness.

Drivers of High-Performing Videos



Fitness (56) is the most frequent theme, suggesting that content tied to health, activity, and related products drives high engagement. Relatability (50) is also critical, meaning content that makes the viewer feel seen or understood is highly effective.

Testing Emotional Triggers

Null Hypothesis (H_0):

There is no difference in average engagement rates between videos using deep emotional triggers and videos using shallow emotional triggers.

$$\mu_{\text{deep}} = \mu_{\text{shallow}}$$

Alternative Hypothesis (H_1):

Videos using deep emotional triggers have significantly higher average engagement rates than videos using shallow emotional triggers.

$$\mu_{\text{deep}} > \mu_{\text{shallow}}$$

Deep Emotions: 6.30% avg engagement
Shallow Emotions: 5.11% avg engagement

Difference:

+1.19 percentage points (+23.3%)

Test Results:

t-statistic: 2.383
p-value: 0.0187

Decision:

p-value < α REJECT H_0

At the 5% significance level, we have sufficient evidence to reject the null hypothesis. The data supports the claim that deep emotional triggers generate significantly higher engagement than shallow emotional triggers ($t = 2.383$, $p = 0.0187$).