

Semi-structured Interviews

Qualitative raw data

This paper is solely written by me, Adam. However, the data gathered from the interviews mentioned, have been produced in collaboration with: *Claudia Cristescu, Magnus Jahn, Maja Matczewska* and *Sigurd Meedom*.

23/02/2022

Subject 1 – Interviewer : Sigurd Meedom

Transcription of an interview with a Danish student in his twenties – conducted October 12th, 2021. The topic of the interview is about how the use of social media, Facebook in this case, could change the way we deal with negative emotions in our daily life. We have decided to interview a handful of students to get some insight on this topic. From now the interviewer will be denoted “I” and the interviewee “S”

I: This interview is about your emotions when you are using the Facebook application. So first, do you have Facebook and do you use it?

S: Yes, and Yes.

I: Could you briefly explain what you mainly use Facebook for?

S: Mostly messenger for texting friends and for forming groups on Facebook and stuff like that to make things easier. But also, sometimes just mindless scrolling when I have five minutes and I don't know what to do with it. I check my newsfeed so mostly for practical reasons.

I: Okay, how much time do you think you're using Facebook in a week.

S: in all? I don't know.

I: How much time do you think in a day

S: Maximum combined? About half an hour to an hour a day I think on Facebook plus messenger so that adds up to maybe four to seven hours a week.

I: Is there times you think that you are more on Facebook than usual?

S: When I'm traveling, when I'm taking the metro. Here I am reading something or I'm just mindless scrolling on my phone

I: When you're opening your Facebook application, what are your thoughts when you were opening What are your reasons to go into Facebook.

S: Normally because I'm bored, I don't really know what to do. The alternative is standing looking into thin air so it's just an instinctive reaction just open my phone check various stuff and check my notifications and then like just start scrolling a bit without really thinking about it.

I: Okay, so it's not for long you're not sitting at home at your computer and only checking Facebook.

S: Very rarely. It is only for five minutes at a time and then I figure out that it's also boring to do and I found something better.

I: When you're looking just browsing on your Facebook when you say that you're just wasting kind of your time. Yeah. What are you actually looking at? Something specific or?

S: I see photos from friends and stuff like that. Usually I scroll right past that. Sometimes I click on articles I found interesting.

I: Usually, could also be for learning?

S: I wouldn't say learning mind. Maybe more informative as much more fun facts. More in the section of the lab Bible kind of articles and some interesting funny stories and stuff.

I: Okay, have you ever kind of experienced any mood changing while you're just browsing on your Facebook?

S: "I've been angry when I've seen the retardment of other people on social media". Oftentimes when I see an article and I think might be interesting to see what other people are commenting about it, and then I just read a couple weird useless comments that are pretty much just spreading hate. Then i can get a bit angry not to the point where I'm responding or anything because I don't really want to get involved with but I feel kind of hopeless.

I: So you're mostly kind of looking at what other are posting and then your mood can change by that.

S: Yeah, I don't, I barely respond. But I could also be happy if I see some posts from my friends for example if they did something nice or they they just passed an exam or something in that posting that makes me glad for them. That's also the other aspect but the mindless scrolling of random articles. It's usually gets me a little bit irritated, not super angry about

I: When you're seeing these posts and these negative kind of responses on post or anything. Do you think that your way of interacting on Facebook have changed since you're reading all of this stuff? Or do you think when you're reading something you can get the emotion that you are not going to look at Facebook anymore because it can only irritates me more? Or do you think it doesn't have any change?

S: That's a good question. I don't think it changes too much how I interact with facebook, but because my mood-changes are so short and, and small that it doesn't really affect my everyday life that much. Yeah, so it's, I don't really think it changes too much. When I encounter those comments, that means to be a little bit mean, I always click away from that post because I know that, I'm just going to spiral down the rabbit hole of stupid comments on the subject, that really don't matter.

I: So you're saying that when you're looking at these negative posts and stuff, it only changes your mood short term, so that you don't have anything for the long term. You don't think that it may change you mood long term.

S: It may will affect but that's hard for me to kind of notice, because that would be a gradual, small, long term change where it's much easier for me to notice "okay, that comment makes me mad or that post makes me happy or that post makes me proud of something".

I: Super, then I don't think I have any more. So, thank you for the interview. Have a nice day.

Subject 2 – Interviewer : Adam Isaac

Transcription of an interview with a Danish student in his twenties – conducted October 13th, 2021. The topic of the interview is about how the use of social media, Facebook in this case, could change the way we deal with negative emotions in our daily life. We have decided to interview a handful of students to get some insight on this topic. From now the interviewer will be denoted "I" and the interviewee "S"

I: Okay, so what are the social media platforms you use?

S:I use LinkedIn. A lot. And I use Facebook somewhat. And Twitter. Okay, meanly Nice. Yeah.

I: And on Facebook, can you briefly tell me what you spend your time doing?

I mean, sounds trivial. I do a lot of martial art videos, like just the feed that arrives. I mean, a lot of groups, like, the main thing I do on Facebook is communicate with my friends on messenger and through my affiliate groups. I mean, yeah, so. So if the newsfeed just fades away, I wouldn't be bothered. But if the groups faded away, I would be really really?

I: Yeah. Nice. Yeah. How much time a week do you think you use? Facebook? Facebook?

S: I mean, probably a lot. I probably like 10 hours a week or something. Okay. Yeah. But it's not like, big stretches is more like, one minute. And then like an hour later, one minute and very short bursts in sections

I: So to kind of fragmented throughout the day?

S: Yeah, exactly. Yeah, exactly. It's not no, like, large large stretches, but fragmented.

I: Okay. Yeah. And there are times where you think more about Facebook than usual.

S: I don't think I think about Facebook. I mean, I sometimes think about the content on it. And suddenly, my friend had this post, or I know this post exists, or whatever I have to get be friends with us on Facebook. Have you come to know them now? Mm. Hmm. I don't really think about Facebook. No, no. Yeah,

I: I totally get it. Yeah. Can you briefly explain the process you go through when using Facebook? What's your trigger when you go on it? And what are you looking at?

S: I mean, whenever there's a notification, I usually see them. So one, one way I interact with Facebook is by seeing the business application, and then clicking on it and being like, Oh, it's this information or this thing? There's also I use it a lot for events. So whenever I have concern, and I'm concerned about an event, like, when is when is this event going? When is this party happening? Where is it? Oh, shake it up. So it's, we use it a lot as a lookup system. Yeah. And that's what prompted me to go on Facebook. Yeah. And then sometimes I'm just bored, and just [pause] not be bored. So I get it.

I: Yeah, definitely. I think many people are in that situation. Yeah. What What are you looking at? When when browsing you kind of went in?

S: Groups [pause] yeah. content and feed to some extent, right. Upcoming Events, things that are happening, my friends have you don't do look at my friends posts. Very only rarely, like mon manages whatever. Facebook serves me. The popular, yeah, popular, or whatever?

I: Yeah. So what kind of pops up on that?

S: Right now? It's a lot of the videos about like, restoring old items. I couldn't live watching those. Like, they'll be like, Oh, we have this bread knife that will be reconstructing or this. Oh, yeah. That was that kind of content. Right.

I: Craftsmanship?

S: Yeah, exactly. Craft craft related things. And then obviously, the content in my groups will appear there. Yeah. So when people are posting or when, whether it be videos or, or text posts, that will appear.

I: Nice. Yeah, so what which posts they tend to go towards the most?

S: ... I mean, the videos and the pictures are attention grabbing, right? But the, like the ones that are important from your use of the text versus because they have the content I need, right? or event posts, really. So those are the ones that are important to me, but I just think I use the most time on videos.

Just because they're entertaining or non boring or whatever. Yeah. I guess that answers your question.

I: It does. It does.

I: Have you experienced any fluctuations in your mood while browsing?

S: No, I don't think so. I mean, sometimes you what you see we have like a video that's weird. Or like, uncomfortable. Yes. is usually removed by Facebook themselves. So no, I've really never In a mood, like in a different mood house, and what's your take with them before?

I: Yeah. Can you describe what kind of constant that is? And what is uncomfortable.

S: I mean, there were some gory elements a few years back with like pictures of really rude, ugly, like not ugly, gruesome elements. There's mainly been removed now. So no, nothing really striking.

I: Not lately.

S: No.

I: Okay.

I: Yeah. In which way does your mood like change? While going through?

S: It doesn't like that the thing it doesn't really. I mean, usually I'll be more happy once I've done because I'll have like, spent some time or gotten whatever information or read some posts and like, found that to be entertaining, right. And I never I'm really in a worst mood than before

I: Okay, yeah.

S: So for the better or neutral.

I: Yeah

S: No change. Right.

I: Okay. Yeah. Nice. Do you think it might have changed the way you interact while with using Facebook? If yes.

S: Right. So if I'm using Facebook differently now than I was in the past, and ...

I: more in the kind of sense of when your how your mood affects your Facebook usage. Do you think you interact differently? When you're in different mood?

S: Oh interesting. I mean, if I'm really pissed, really angry, I will go on Facebook at all. Okay. And if I'm rather happy, I probably won't, either. So it's more in like, middle like, not necessarily bored mood, right. But in a indifferent mood.

I: Okay. Yeah,

S: I'll be going on Facebook. Yeah, and, and so forth, right? Because we truly do something exciting or entertaining, right? I won't go on Facebook. good mood, I can go on Facebook.

I: How's that?

S: Because we usually be doing something else, right? Yeah. I'll be I'll be actively managing something else will actually be doing something else, or Hence, I won't have the time to do that. But then again, sometimes you just go on Facebook for like, half a minute, and then realise, oh, wait. There are people around me. I need to talk to them.

I: Yeah, yeah. Yeah, totally. Yeah, that's relatable. Yeah.

S: So that's, that's basically my mood, though. My Facebook use and my mood are related in that. If I'm very happy or very sad again, on Facebook, otherwise, I will.

I: Yeah, so kind of when you're bored.

S: Yeah, yeah.

I: Nice.

I: And what effects Do you think browsing Facebook have on your emotions? short term and long term? ... we talk about how it was some years back? It was different.

S: I mean, like, the short term is that you're excited, right? Like you're excited you're entertained? Or the meaning contained? Really? That was Spartan up like it's probably love your mood and improve your mood, right?

I: Yeah.

S: I think I think long term. [3 second pause]

S: I don't know mmm. Sometimes I look at picture and be like, that cross is really good or they look really pretty. And I'll be called sad.

I: Yeah.

S: ... persay. I'll be annoyed at myself. Like, yeah, see what happens. Right. You get David? dashing. I don't look dashing. That's uncomfortable. So that makes sense. Right?

I: Yeah.

S: But then again, I don't think it's a long-term thing, because I've gotten that picture like a week.

I: Okay. Yeah.

S: Umm. But I definitely think that it does something to that. That seeing both terribly and . . . well mainly really well-done things and literally don't think well, what are the things mainly indicate indicates to you that if you don't do it, if that quality, there's no need to do it at all? That's at least what I'm experiencing

I: So kind of like, it's a mirror that gets hold up.

S: Yeah, that if you're not, it's like a threshold. If you're not this good quality, then there's no need to do it.

I: Okay. Yeah.

S: Yeah. And that's a problem because the I don't have that I don't do anything. Really?

I: Yeah. Okay. That totally makes sense.

S: Yeah.

I: So for for short term. It's kind of like this more entertainment focused.

S: Yeah. Yeah. for the long term. It. I think it prevents you from doing like projects and building things because you will believe that only high quality things are worth anything.

I: Yeah. Yeah, that totally makes sense.

I: Thank you so much. Thank you.

I: Nice. *Fedt* [translation “cool” danish to english].

Subject 3 – Interviewer : Magnus Jahn

Transcription of an interview with an Irish student in his twenties – conducted October 9th, 2021. The topic of the interview is about how the use of social media, Facebook in this case, could change the way we deal with negative emotions in our daily life. We have decided to interview a handful of students to get some insight on this topic. From now the interviewer will be denoted “I” and the interviewee “A”

I: Can you just briefly explain what you use Facebook for?

A: Uhm, mainly if I'm just bored, at home, and I have nowhere else to be or nothing else to do. I'll just scroll through it and... memes, *laugh*, random funny memes and just nerdy knowledge about Star Wars or Marvel or stuff like that, you know? That type of stuff.

I: So, you use it more when you have nothing else to do or if you are bored?

A: Yeah, bored or nothing else to be doing.

I: That makes sense. And how much time a week do you think you use Facebook?

A: Max 5 hours I'd say. Not even one hour a day. I don't know, maybe like 2-3 hours a week.

I: You've kind of answered this already, but are there times where you think about Facebook more than usual, other than when you are bored?

A: Not really, never. It's like if I've already gone through Instagram or Twitter, I then may go through Facebook. Like, if there is nothing else there (Instagram/Twitter). But I have been using it a lot more lately trying to get a house here in Denmark. I spend a good 20 minutes at least every morning, scrolling through, trying to find a house. These last few months have probably been the most I have used Facebook in the last few years, to try to get a house.

I: Can you briefly explain the process you go through when using Facebook. Like what is your trigger, what do you look at, and how long are your sessions?

A: Here is what I do. I literally just scroll, scroll, scroll, scroll... Cat! *Laugh*. Cute cat, I look at that for maybe a second or two, then move along. I follow a fair few cat-pages now. So, like, I will be stopping every now and then (to look at cat pictures), like especially on Instagram. But I guess Facebook would be more random Marvel, Lord

of the Ring, or Star Wars thing. That is what I mainly will be stopping to look at on Facebook. Besides that, not much. Unless, again, if I was looking for an apartment.

I: So, what is your understanding of why you use Facebook for these things instead of Googling it? (The movie facts and cats.)

A: Uhm, honestly because they've built up such a data bank of me at this stage that they know me... that it's faster than actually just Googling it. And like, it's something random that I wouldn't have thought of myself. So again, like, they just know me too well at this stage.

I: That makes sense.

I: So, have you experienced any fluctuations in your mood while using Facebook? What does it do to your mood when you use it?

A: Uhm, not much really, to be honest. Uhm... yeah not much, really. Or like, the odd boost of serotonin if it's a cat *laugh*. Or maybe just like a shock, if I see something I didn't know about – I'd be like wow *laugh*.

I: So, you look at it when you're bored, and then you just scroll through it. Does it change anything? Let's say you are bored, and then you don't use Facebook.

A: Oh, yeah like sometimes, what do you call it... it will grab my attention I suppose. Yeah, it grabs your attention. So instead of just concentrating on that I have nothing to do or such, I'm just, yeah...

I: So... this change we just talked about – the change in your mood. Do you think this change has changed the way you use Facebook? Like your initial way of using Facebook when you signed up and now?

A: Yeah, when I was younger... I think I have been on Facebook since I was about 12 years old. Back then it would have been talking to friends, you know, it was the only way to really talk to friends. Yeah, that's about it.

I: So, it sounds like it has changed from being a platform where you could connect with your friends, into now something like a stimulation box?

A: *Laugh* yeah... sh*t.

I: What effects do you think browsing Facebook has on your emotions, short term, and long term, or like the way you deal with your emotions?

A: Damn. I honestly really don't have an answer for that. It is not something I have ever thought about, if you get me... No, I got nothing, really.

I: That's totally fine. It's just something extra. This is what we are trying to figure out – like, what's the effects short term and long term on your way to deal with negative emotions. We suspect it changes something.

A: Yeah, I see, I suppose it becomes a crutch really. Yeah, like literally, instinctively, if I have nothing else to be doing, then I will go to that (Facebook).

I: Well, I think that's it. I appreciate it, thank you again for doing this.

A: No problem. I am happy to contribute to science *laugh*.

Subject 4 – Interviewer: Maja

Maja: Hi! Do you consent to voice record your answers?

Janusz: Yes.

M: OK so the first question is: can you briefly explain what you use Facebook for?

J: I mostly use Facebook for its Messenger app and to browse through the feed on my Facebook, as well as I use a lot of Facebook groups and I believe that's it.

M: What's on your Facebook feed?

J: Various things. Like some news feed, some information from groups, some memes.

M: How much time a week do you think you use Facebook?

J: I use Facebook for about one hour a day so it's seven hours a week on average.

M: Are there times when you think about Facebook more than usual?

J: I don't think so.

M: What are you looking for while browsing Facebook?

J: When I'm browsing Facebook I'm not really looking for anything. It's how Facebook works is that you just browse through it and you even engage with feeds and news that you get or not - then you just scroll down further.

M: Which posts do you tend to go towards?

J: I really don't know.

M: Have you experienced any fluctuations in your mood while browsing?

J: Probably. Mostly it was last year during lockdown when I was browsing through my newsfeed and every day at 10:30 my government posted the new statistics regarding Covid cases and I became really anxious because I was really following the news and at some point when it became very dangerous because there were about over 30,000 cases a day, it was just overwhelming at some point when you just read this piece of information.

M: Do you think it might have changed the way you interacted with Facebook?

J: I guess that I became more addicted to it - I had an urge just to check it every day at that exact time, just to know what the statistics are.

M: What effects do you think browsing Facebook have on your emotions short-term and long-term? J:

Short-term - as I said previously - it made me anxious to some extent. And in the long term I'm unable to determine if it has affected me.

M: Does Facebook browsing affect your daily stress and your negative emotions? Does it make it better or maybe worse?

J: Currently I don't think it has any significant effect on my emotions, but as I said during lockdown it has a negative affect on my emotions, namely it made me anxious.

M: Do you think you use Facebook too much?

J: Honestly, I use other social media more frequently than Facebook so I would be much more concerned with being from Facebook.

M: Thank you.