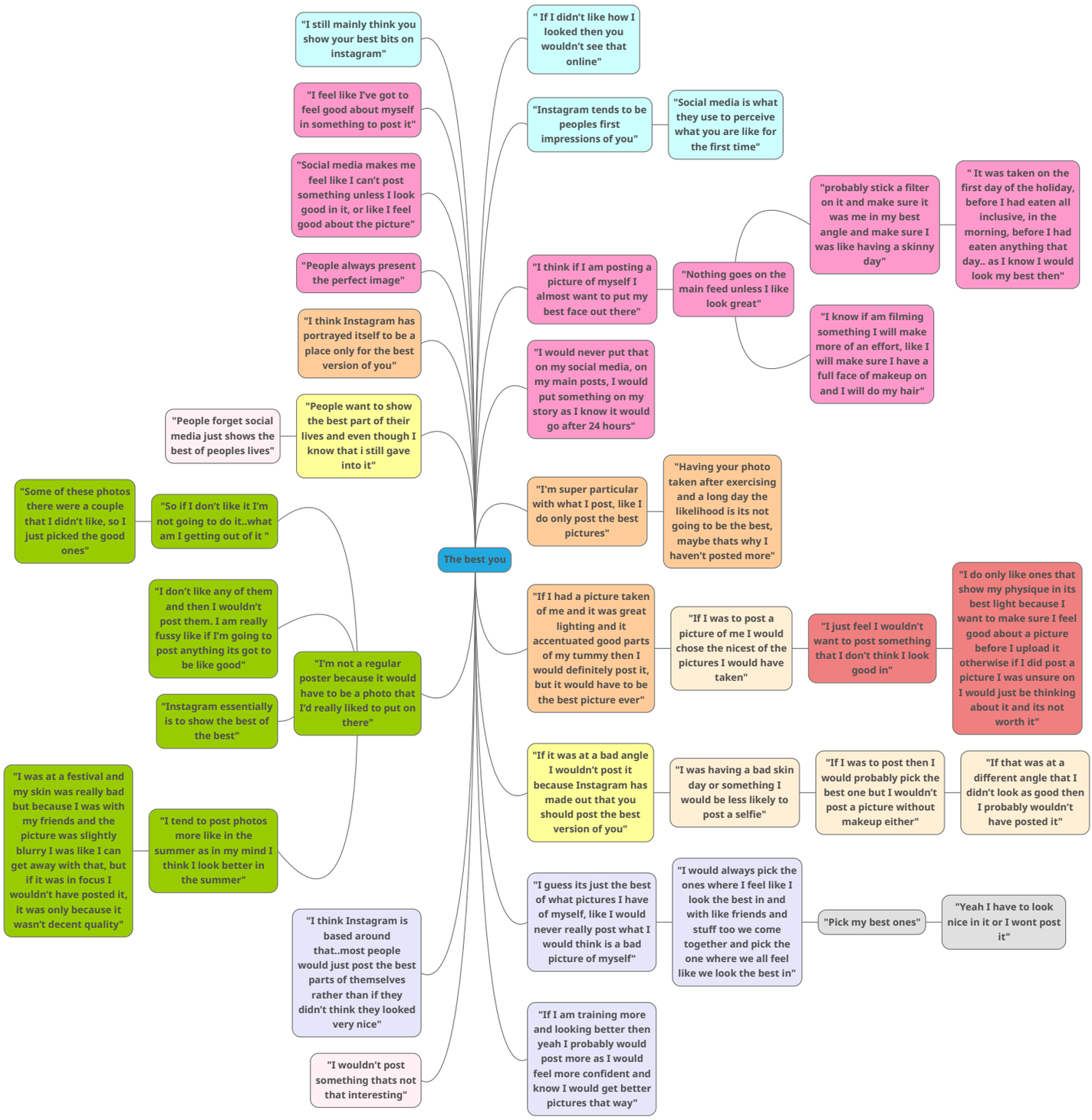
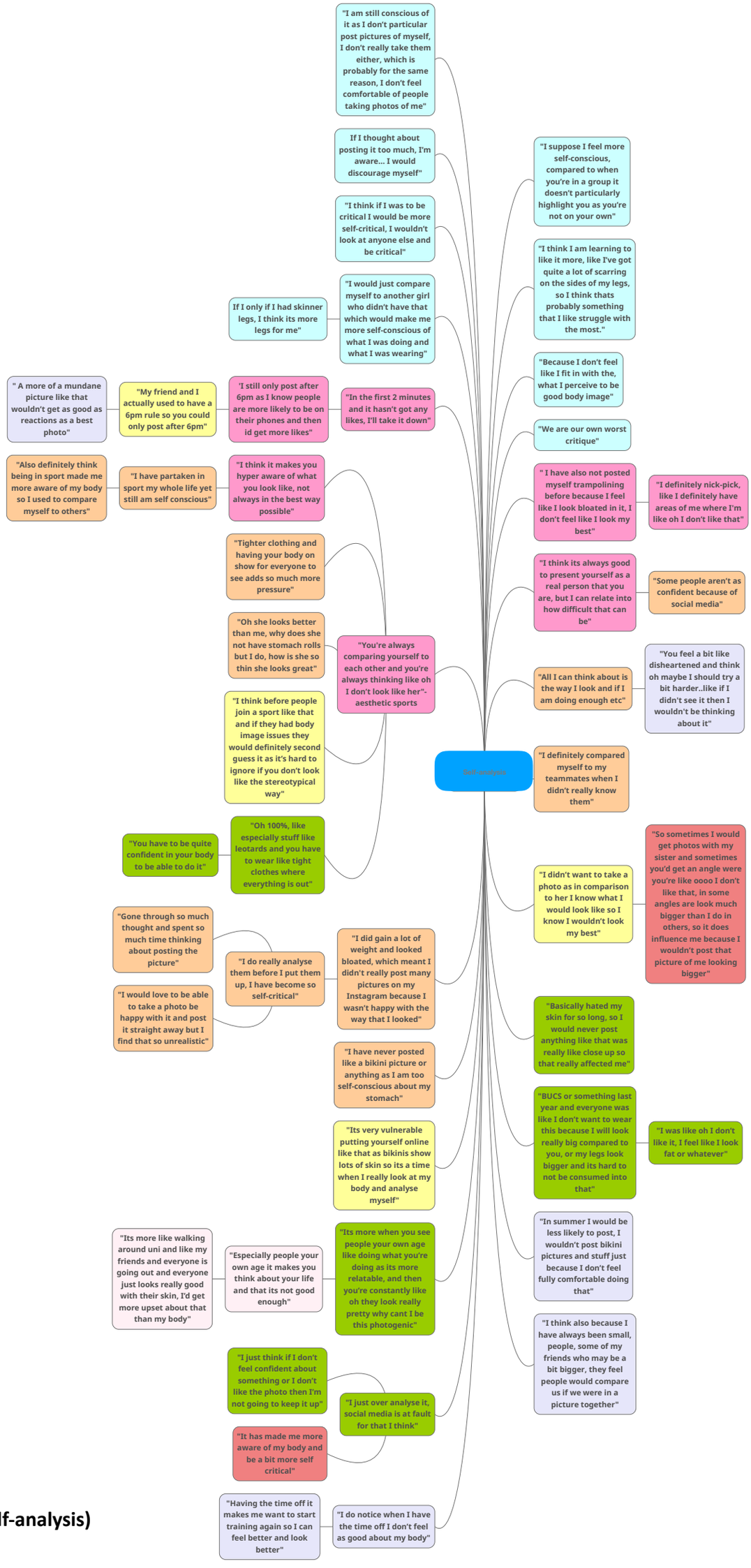
Supplementary file

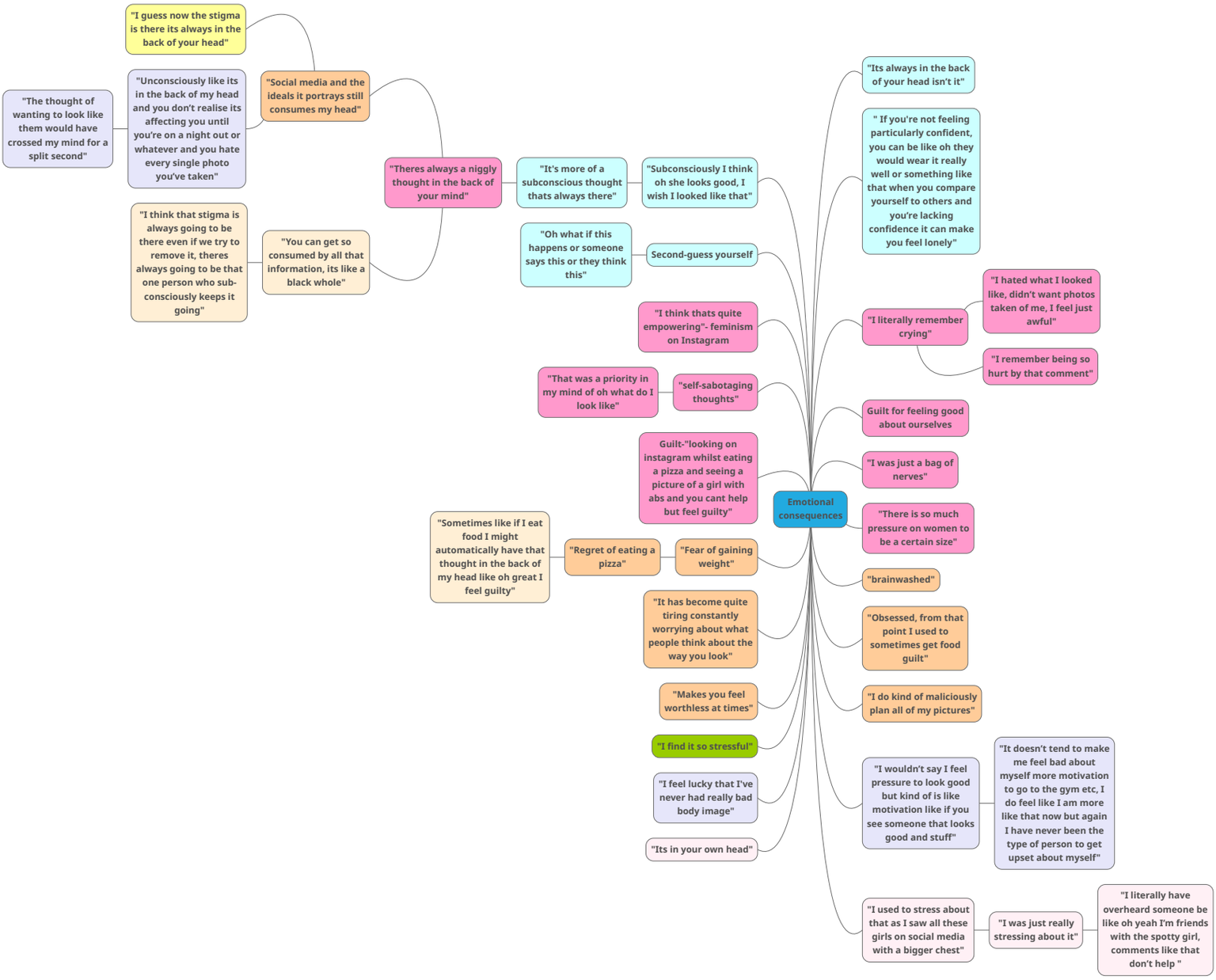
This file contains the mind-maps developed to illustrate the links between the codes when establishing the themes within the data analysis period. After two critical friends challenged both the organisation of the data into themes and subsequently the theme titles, six themes were finalised. These are illustrated below as follows; the best you (figure i); self-analysis (figure ii); emotional consequences (figure iii); judgement (figure iv); social media perceptions (figure v); and acceptance (figure vi).



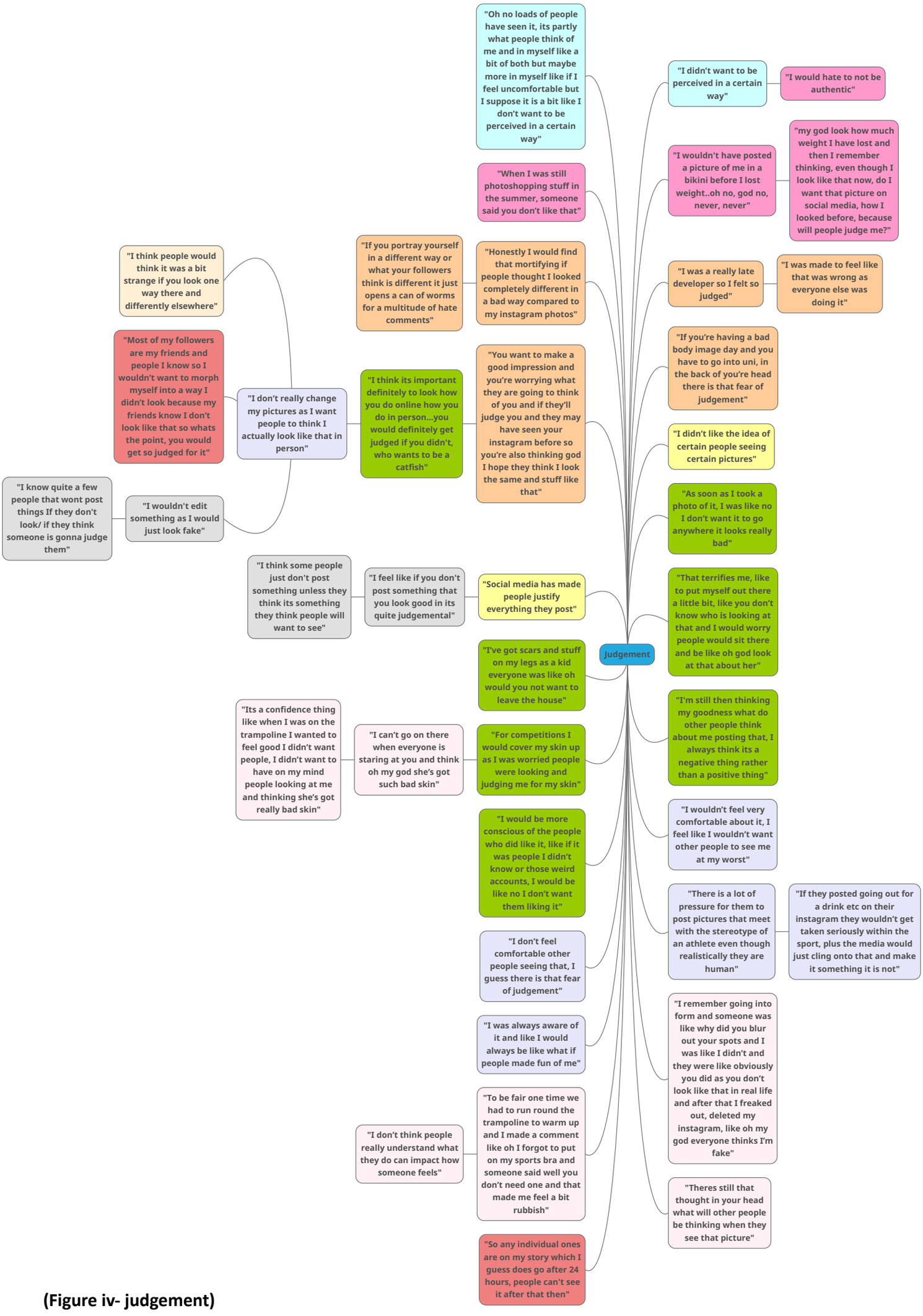
(Figure i- the best you)



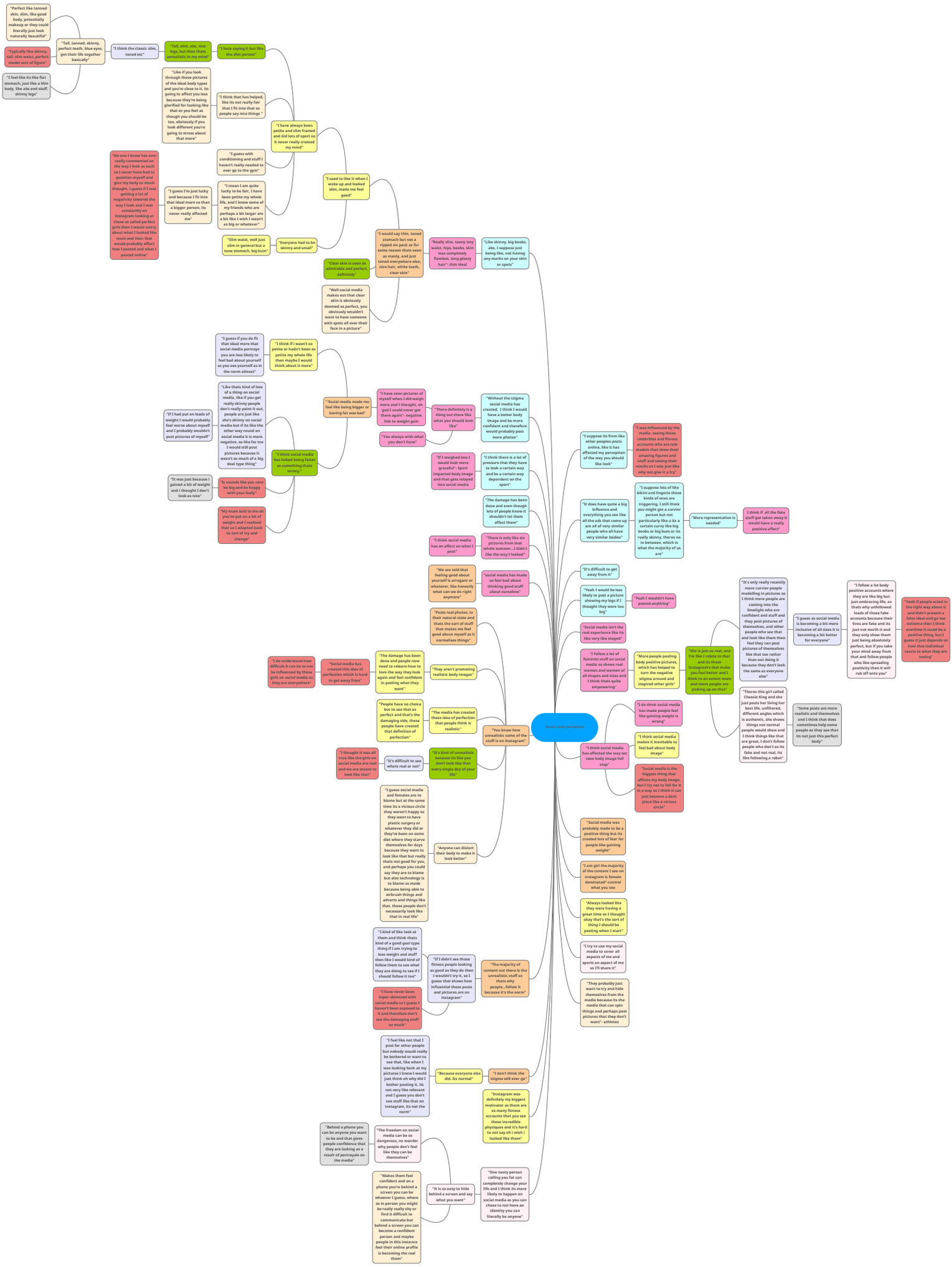
(Figure ii- self-analysis)



(Figure iii- emotional consequences)



(Figure iv- judgement)



(Figure v- social media perceptions)

(Figure vi- acceptance)