

PUBLIC REPORT BY PROMTPRESS

Channel audit

ANCHA BARANOVA



@anchabaranova

👤 Dr. Biol. Sci., Professor 🔥 World Medicine News 💊 Teaching
meds, vitamins, supplements Collaboration mk@medspeaker.ru
Registered in RKN...

SUBSCRIBERS

35 053

+238 per month

ERR (% SEE POSTS)

25.0%

in 24 hours **13.2%**

REACH/POST

8.9K

ad reach **4.6K/24h**

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 35 053 —	 SUBSCRIBER REACH 25.31% avg % subs see post	 VIEWS/POST 8.9K median 8.2K · 29 days	 POSTS/WEEK 22.2 for period
 7D TREND -6.4% vs prev week	 REACTIONS/POST 219.6 total 20,640 reactions, 7,325 reposts, 4,908 comments	 POST LENGTH 572 chars median 511 · 29 days	 POSTS ANALYZED 94 29 days
 AD REACH 4.6K 24h avg	 CHURN / MONTH +238 last month	 CITATION RATE 112 citation index · 620 channels mentioned all time	 CHANNEL AGE 5 years 4 months created 19.03.2021

AI EDITOR SUMMARY

Channel «ANCHA BARANOVA» — 35 053 subs. Each post avg views 8.9K people (25% of subs), good reach. Publishes 22 posts/week (~3/day) — active. Week Jul 6–12 reach dropped -6.4% by week Jun 29 – Jul 5 — worth analyzing.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **94** posts in 29 days.
- 02 Dominant format – **Text** (63/94 posts).
- 03 Avg post length – **572** chars (median 511).
- 04 Audience peak – **Thursday**, 21:00 MSK.
- 05 Top posts drive **5x** more views than the weakest (31.5K avg for top vs 6.2K for worst) – among 94 posts in 29 days. Worth analyzing what the top has in common – topic, format, posting time.

TOP 5 POSTS

Nº1 25.06 · 18:13 TEXT First results of the ban on social media use by Australian children are in. Recall, the ban was introduced six months ago. The bar...	VIEWS 49 400 REPOSTS 582	REACTIONS 423 ER 140.9%
Nº2 21.06 · 03:35 PHOTO Ebola virus: ♦ 915 confirmed cases; 896 in DRC and 19 in Uganda. ♦ 234 deaths, including two in Uganda. ♦ at least 88...	VIEWS 34 486 REPOSTS 84	REACTIONS 167 ER 98.4%
Nº3 26.06 · 00:58 VIDEO Heard of this? It's the popular kids' game "Whack-A-Mole". In English "Whack-A-Mole" This term can also describe...	VIEWS 10 612 REPOSTS 42	REACTIONS 274 ER 30.3%

Nº4 14.07 · 19:22 PHOTO Here's how a 'explosive' diarrhea outbreak is unfolding in the US. 1645 confirmed cases of infection by a single-celled 'tropical' parasite...	VIEWS 10 500 REPOSTS 215	REACTIONS 206 ER 30.0%
Nº5 25.06 · 05:02 TEXT Las Vegas: massive kickback scandal in wound care and allograft treatment (mostly involving...	VIEWS 10 418 REPOSTS 37	REACTIONS 200 ER 29.7%

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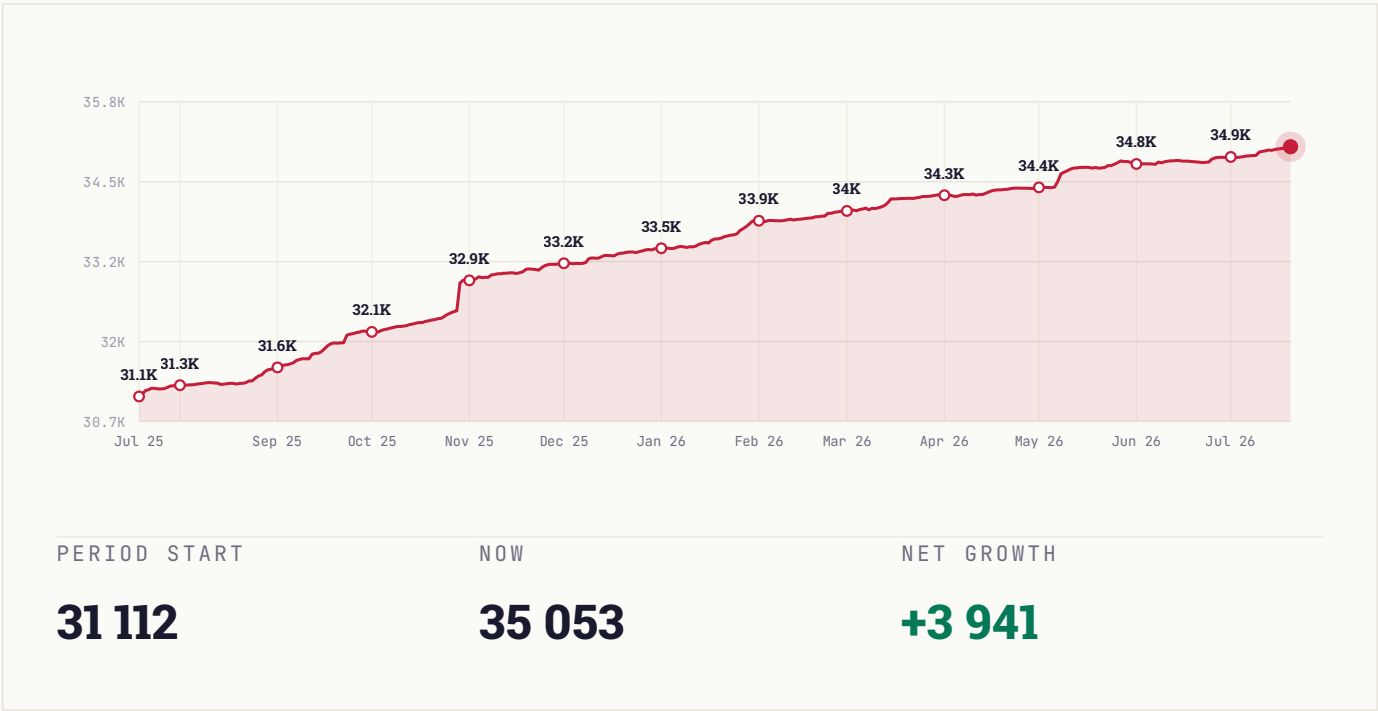
WORST 3

↓ 09.07 · 14:18 TEXT https://youtube.com/live/IQXvF21A2LU	VIEWS 6 709 REPOSTS 14	REACTIONS 89 ER 19.1%
↓ 16.07 · 21:56 TEXT The last Ebola patient has just been discharged from a hospital in Uganda. This marks the start of a 42-day period after...	VIEWS 6 166 REPOSTS 27	REACTIONS 238 ER 17.6%
↓ 17.07 · 08:03 PHOTO Vitamins penetrate the blood-brain barrier straight to the brain. That's what they're for. Our body itself produces vitamins...	VIEWS 5 719 REPOSTS 76	REACTIONS 372 ER 16.3%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

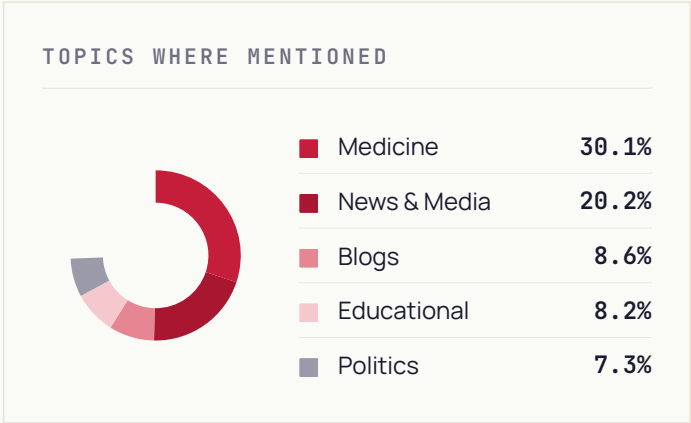
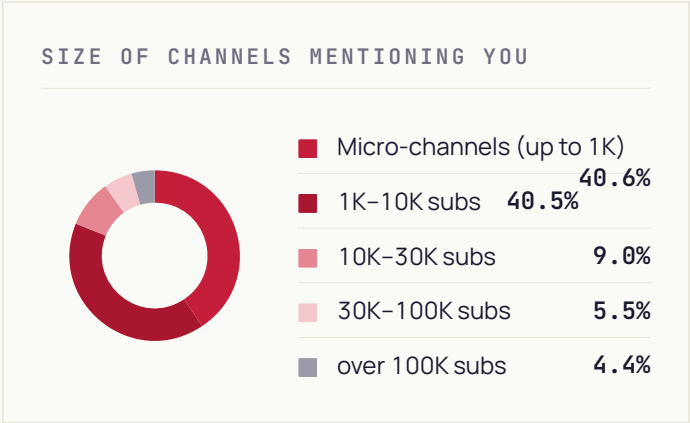
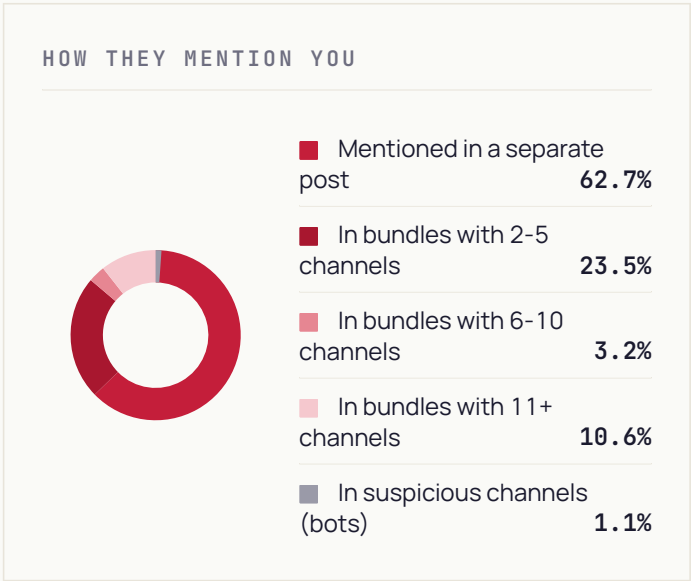
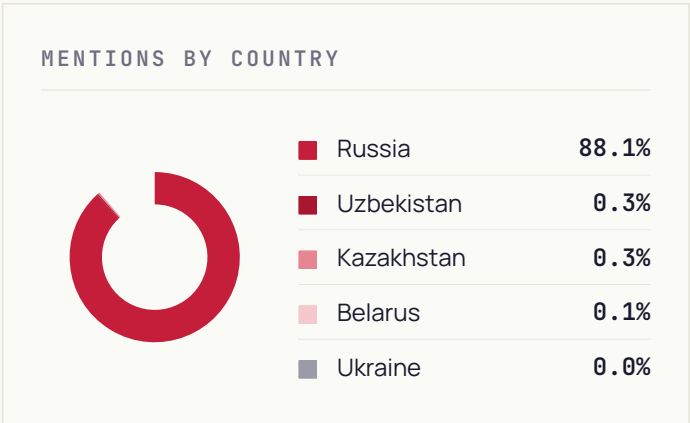
Subscriber growth chart for the year. Key months show exact subscriber count. See which months grew and which lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

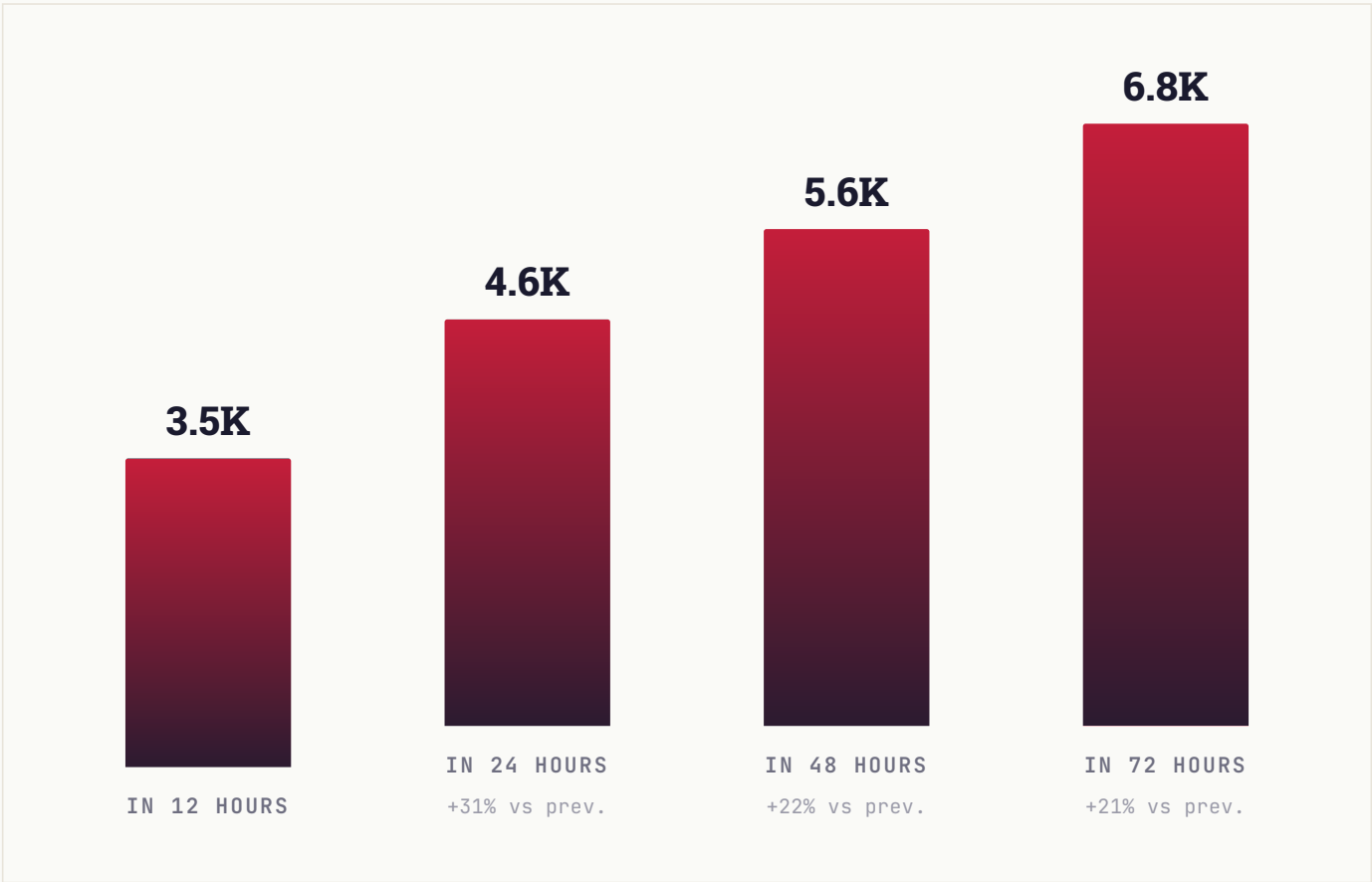
Citation index **112** – channel popularity rating based on mentions. Considers not just count but also weight of mentioning channels: a post from a 100K-sub channel weighs more than from a 1K-sub channel. All-time mentions: **620** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should "live".



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Highlighted your channel — you can see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
DT Dr Tel	755.5K
BI Blog from the morgue	354.1K
تا تعليم اللغة الإنجليزية 🧑🏫	328.2K
🩺 الجراحة 🩹 Surgery 🩺 - Crypto currency	318.4K
EM Endocrinologist Magerya	292.5K
EP EXPERIENCED PHARMACIST	264.6K
AP APTEKA_TV	241.5K
MM Moscow Medicine	237.8K
🌿 X 🌿 Folk Medicine 🌿	235.1K
ZD ZdravKontrol	222.2K
AB ANCHA BARANOVA YOU	35.1K

COMPARATIVE SUMMARY

Channel not yet outside niche top-97 — early growth stage. Niche leader — Dr Tel (755.5K), top-97 median: 103.2K. First goal: break into top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention yours. Over the last **6 months** such mentions were **92**, they brought **2 825** new subs.

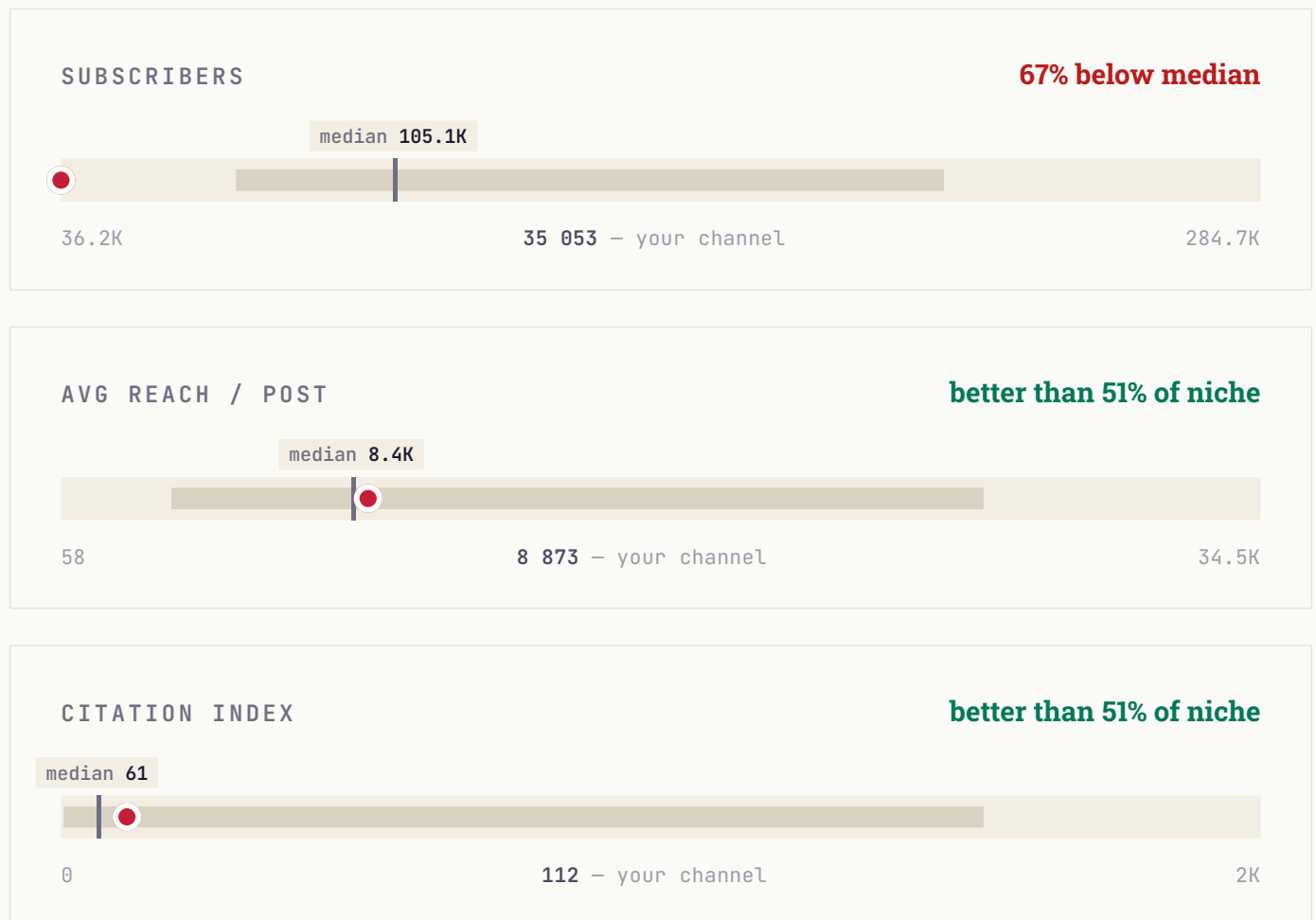
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	20	18	467	
December 2025	11	11	297	
November 2025	9	9	302	
October 2025	23	23	824	
September 2025	10	8	594	
August 2025	19	19	341	

TOTAL MENTIONS	MONTHS IN DATA	GAINED SUBSCRIBERS
92	6	2 825

SECTION 08 • NICHE COMPARISON

Where your channel ranks in its league

Took top-100 channels in category «**Medicine**» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit next month.

01**Best post day — Thursday**

Audience is most active on this day at 21:00 MSK.

EFFECT

**Best window
for an
important post****02****Increase share of video posts**

Video in Telegram retains audience longer and is favored by the algorithm. Aim for 15-25%.

EFFECT

**Video retains
audience
better****03****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress finds sources for your niche.

EFFECT

**+1000-3000
subs****04****Test polls & interactive formats**

Posts with polls/reactions usually boost ER by 5-15%.
One weekly poll on a hot topic is an easy growth lever.

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

Exchange posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — is what we can do in a few minutes based on public data. If you want to go further — run ads through us and close your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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