

PROMTPRESS PUBLIC REPORT

Channel audit

Attic of Consciousness



@cherdaksoznaniya

My name is Sergey. I work at a psych dispensary. This is my channel about psychiatry, medicine, psychology, and mental health.
Manager - @DmitryCh85

SUBSCRIBERS

36 535

+8782 per month

ERR (% SEE POSTS)

17.0%

in 24h **8.3%**

REACH/POST

6.4K

ad reach **3K**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 36 535 —	 SUBS REACH 17.52% avg % subs see post	 VIEWS/POST 6.4K median 6.2K · 27 days	 POSTS/WEEK 8.7 for period
 7D TREND +10.1% vs previous week	 REACTIONS/POST 249.4 total 8,478 reactions, 1,146 reposts, 582 comments	 POST LENGTH 832 chars median 1,000 · 27 days	 POSTS ANALYZED 34 27 days
 AD REACH 3K 24h avg	 CHURN / MONTH +8782 last month	 QUOTE RATE 173 citation index · 649 channels mentioned all time	 CHANNEL AGE 9 months 20 days created Sep 29, 2025

AI EDITOR SUMMARY

Channel «Attic of Consciousness» — 36 535 subs. Each post averages 6.4K people (18% of subs), average reach — room to grow. Publishes 9 posts/week (~1/day) — regular. Week Jul 6–12 reach up +10.1% by week Jun 29 – Jul 5 — positive trend.

SECTION 02 · CONTENT ANALYSIS

What Works Best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS SHARE

- 01 Analysis based on 34 posts in 27 days.
- 02 Dominant format — Photo (22/34 posts).
- 03 Avg post length — 832 chars (median 1,000).
- 04 Peak audience activity — Monday, 18:00 MSK.
- 05 Top posts get 2× more views than the weakest (10.2K avg for top vs 4.6K for worst) — among 34 posts over 27 days. Worth analyzing what the top has in common: topic, format, publish time.

TOP 5 POSTS

Nº1 24.06 · 04:21 PHOTO Day 10. DREAM Marathon. Today I'm showing your interesting dreams. I read them with great pleasure and interest when I have free...	VIEWS 11 333 REPOSTS 1	REACTIONS 68 ER 31.0%
Nº2 06.07 · 15:20 VIDEO Found online at Dr. Shurov's. This schizophrenia patient type is very familiar. My channel on MAX. Subscribe	VIEWS 9 732 REPOSTS 54	REACTIONS 210 ER 26.6%
Nº3 07.07 · 15:22 PHOTO On ADHD: coping? ADHD can't be overcome by willpower. It's more important to learn how to structure life so the brain finds it easier...	VIEWS 9 425 REPOSTS 29	REACTIONS 250 ER 25.8%

Nº4 06.07 · 13:07 PHOTO Good day, colleagues and patients! Your favorite nurse from the mental health clinic is on the line. You know what I'll say as someone who sees every day...	VIEWS 9 233 REPOSTS 41	REACTIONS 118 ER 25.3%
Nº5 08.07 · 04:22 TEXT What is ADHD? ADHD is attention deficit hyperactivity disorder. It is a neurological condition related to differences in...	VIEWS 8 575 REPOSTS 55	REACTIONS 286 ER 23.5%

|

WORST 3

↓ 21.06 · 17:28 PHOTO Happy Medical Worker's Day! Today is the day when the official date becomes what has long been a way of life for us...	VIEWS 4 621 REPOSTS 13	REACTIONS 343 ER 12.6%
↓ 23.06 · 04:25 PHOTO Day 9. DREAM Marathon is in full swing! Thank you for your response, for sharing your interesting dreams! I dreamed...	VIEWS 4 620 REPOSTS 1	REACTIONS 107 ER 12.6%
↓ 22.06 · 04:03 PHOTO Day 8. DREAM Marathon. Thank you all for your congratulations and your dreams! Very nice!!! Thank you very much for your support!!! Now to...	VIEWS 4 465 REPOSTS 3	REACTIONS 134 ER 12.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

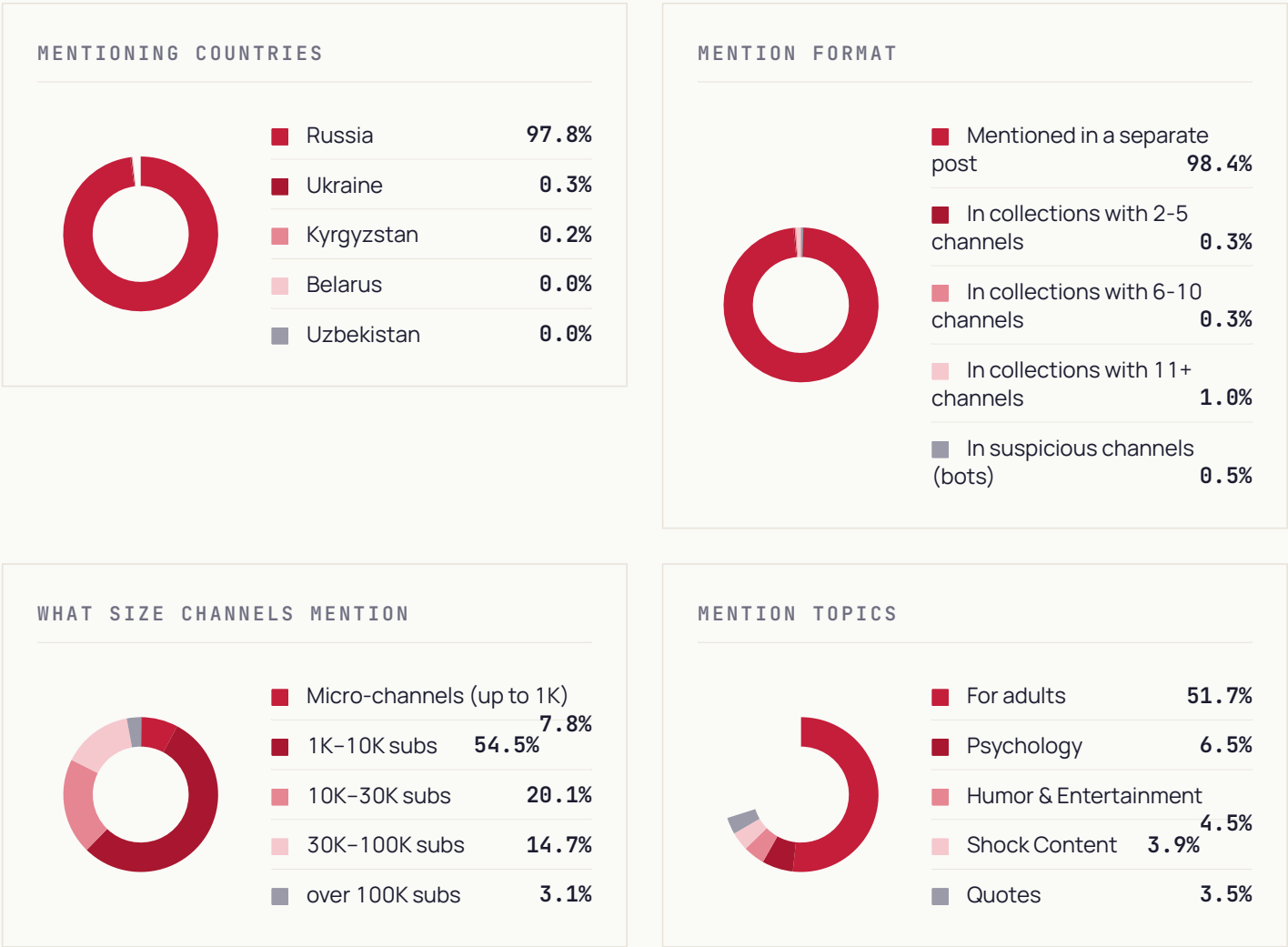
Subscriber growth chart for the year. Key months show exact subs. See which months grew and which lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

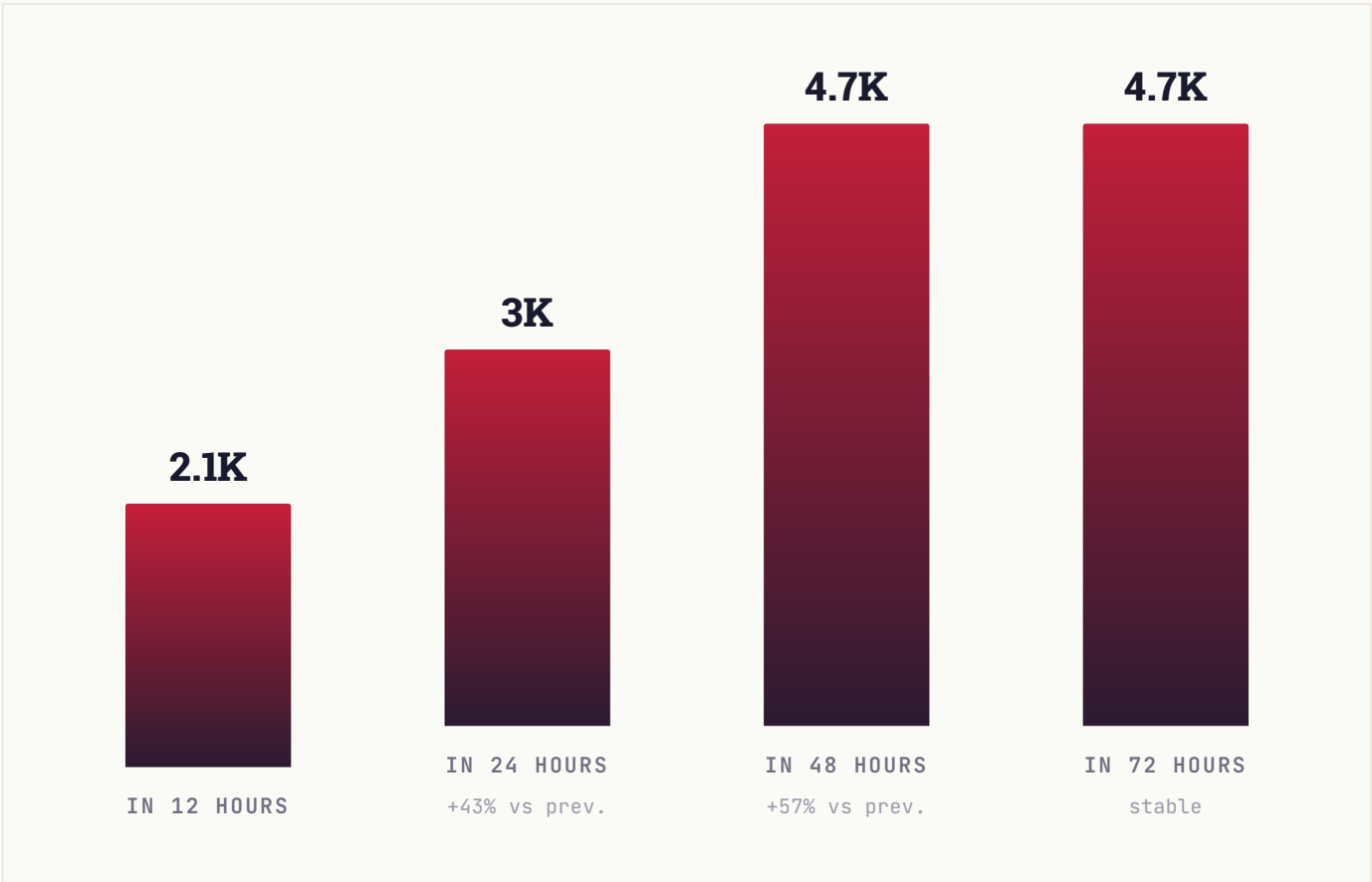
Citation index **173** — channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel was mentioned **649** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by 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. Your channel is highlighted — 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
Moscow Medicine	237.8K
Medicine	
🧪 X 🧪 Folk Medicine 🧪	235.1K
Health ZdravKontrol	222.2K
Control	
BL Attic of Consciousness YOU	36.5K

COMPARATIVE INSIGHT

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

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **5 months** such mentions were **1 044**, they brought **21 830** new subs.

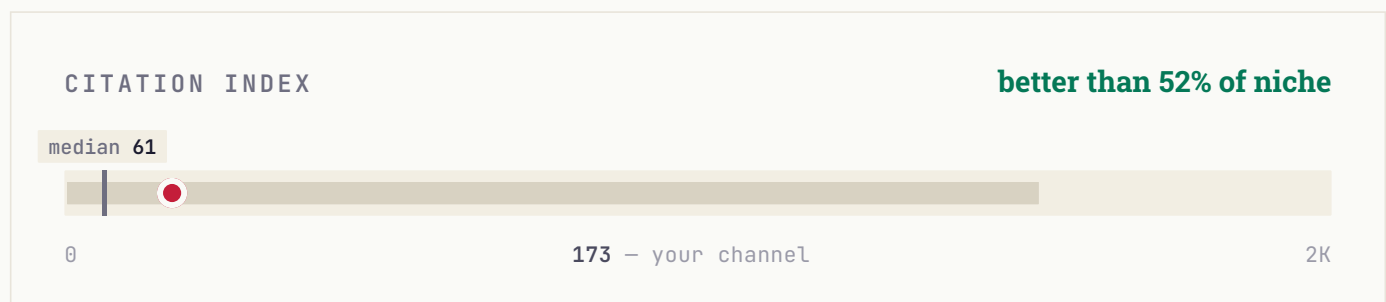
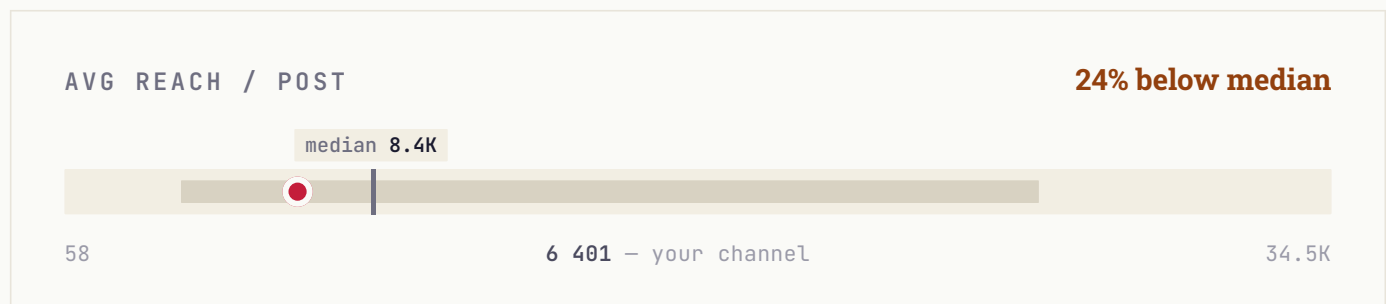
PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
January 2026	68	65	4 611
December 2025	46	43	3 695
November 2025	921	528	11 038
October 2025	9	9	2 486
September 2025	0	0	0
TOTAL MENTIONS			1 044
MONTHS OF DATA			5
ATTRACTED SUBSCRIBERS			21 830

Where channel stands in its league

SUBSCRIBERS 65% below median

A horizontal bar chart comparing a channel's subscriber count to a median. The chart has a light beige background. A dark beige bar represents the channel's performance, starting from a red dot on the left. A vertical line marks the median at 105.1K. The channel's count is 36,535, which is 65% below the median. The range from 36.2K to 284.7K is shown.

Metric	Value
Channel Subscribers	36 535
Median	105.1K
Range (Min-Max)	36.2K - 284.7K



— SECTION 09 · STRATEGY

What to Do Right Now

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

- | | | |
|-----------|--|---|
| 01 | Top post of the week — on Monday | <p>EFFECT</p> <p>Best window for an important post</p> |
| | <p>Best time: this day at 18:00 MSK — audience most active.</p> | |
| 02 | Increase share of video posts | <p>EFFECT</p> <p>Video holds audience better</p> |
| | <p>Video in Telegram holds audience longer & gets better algorithm traction. Aim for 15-25% share.</p> | |
| 03 | Systematic traffic buying | <p>EFFECT</p> <p>+1000-3000 subs</p> |
| | <p>Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromptPress picks sources for your niche.</p> | |
| 04 | Test polls & interactive formats | <p>EFFECT</p> <p>+5-15% ER</p> |
| | <p>Posts with polls/reactions usually give +5-15% ER. One poll per week on a hot topic — easy growth point.</p> | |
| 05 | Cross-promo with neighboring channels | <p>EFFECT</p> <p>Growth from relevant audience</p> |
| | <p>Exchange posts with channels in the same segment once a quarter. No need daily — 2-3 collabs give relevant growth.</p> | |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes based on public data.
Want to go further? Run ads with 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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