

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Komissarova



@doctor_komissarova

No. 5139248230 DocMed channel of a dietitian, endocrinologist about health and weight correction ❤️ Albina Komissarova Here you can leave your suggestion about what you want to know, talk about, or just...

SUBSCRIBERS

98 443

+1678 per month

ERR (% SEE POSTS)

28.0%

per day 17.0%

REACH/POST

28K

ad reach 16.7K/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 98 443 —	 SUBS REACH 28.43% avg % subs see post	 VIEWS/POST 28K median 27.9K · 27 days	 POSTS/WEEK 10.5 for period
 7D TREND -6.2% vs previous week	 REACTIONS/POST 1015.5 total 42,651 reactions, 6,471 reposts, 1,393 comments	 POST LENGTH 470 chars. median 385 · 27 days	 POSTS ANALYZED 42 27 days
 AD REACH 16.7K 24h avg	 CHURN / MONTH +1678 last month	 CITATION RATE 67 citation index · 249 channels mentioned all time	 CHANNEL AGE 8 years 9 months created 17.09.2017

AI EDITOR SUMMARY

Channel «Doctor Komissarova ☀» — 98 443 subs. Each post avg views 28K people (28% of subs), good reach. Publishes 10 posts per week (~2/day) — regular schedule. For week 22–28 Jun reach dropped -6.2% to week 15–21 Jun — worth analyzing why.

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 42 posts over 27 days.
- 02 Dominant format – Photo (30/42 posts).
- 03 Avg post length – 470 chars (median 385).
- 04 Audience peak – Wednesday, 16:00 MSK.
- 05 Top posts get 2x more views than the weakest (37.7K avg for top vs 23.1K for worst) – among 42 posts over 27 days. Worth analyzing what the top posts have in common: topic, format, timing.

TOP 5 POSTS

№110.06 · 13:27PHOTO	VIEWS		REACTIONS	
	38 986		1 035	
Strawberry ricotta pie Sharing a very summery and delicious pie recipe It's not diet, but with thin dough and low...	REP.		ER	
	1 653		39.6%	
№205.07 · 05:00PHOTO	VIEWS		REACTIONS	
	37 243		3 275	
А где ваш живот? Такой комментарий мне написали вчера в директ)) Ну начну с того, что у меня только 4 месяц. Объявили мы рано, потому что...	REP.		ER	
	102		37.8%	
№305.07 · 11:32VIDEO	VIEWS		REACTIONS	
	36 859		1 854	
About my workouts (Don't worry, I'm finishing about pregnancy today, tomorrow everything is business😁) Given that I've been training for 2 years...	REP.		ER	
	78		37.4%	

Nº4 04.07 · 17:09 PHOTO I think everyone has seen the news Danil and I are expecting a baby and we're very happy. Here I want to announce work stuff: I think that in the near...	VIEWS 36 523 REP. 64	REACTIONS 3 832 ER 37.1%
Nº5 13.06 · 11:27 PHOTO My former patient Masha lost weight with me 2! years ago And not just a diet, as usual)) But changed her life...	VIEWS 35 614 REP. 30	REACTIONS 1 512 ER 36.2%

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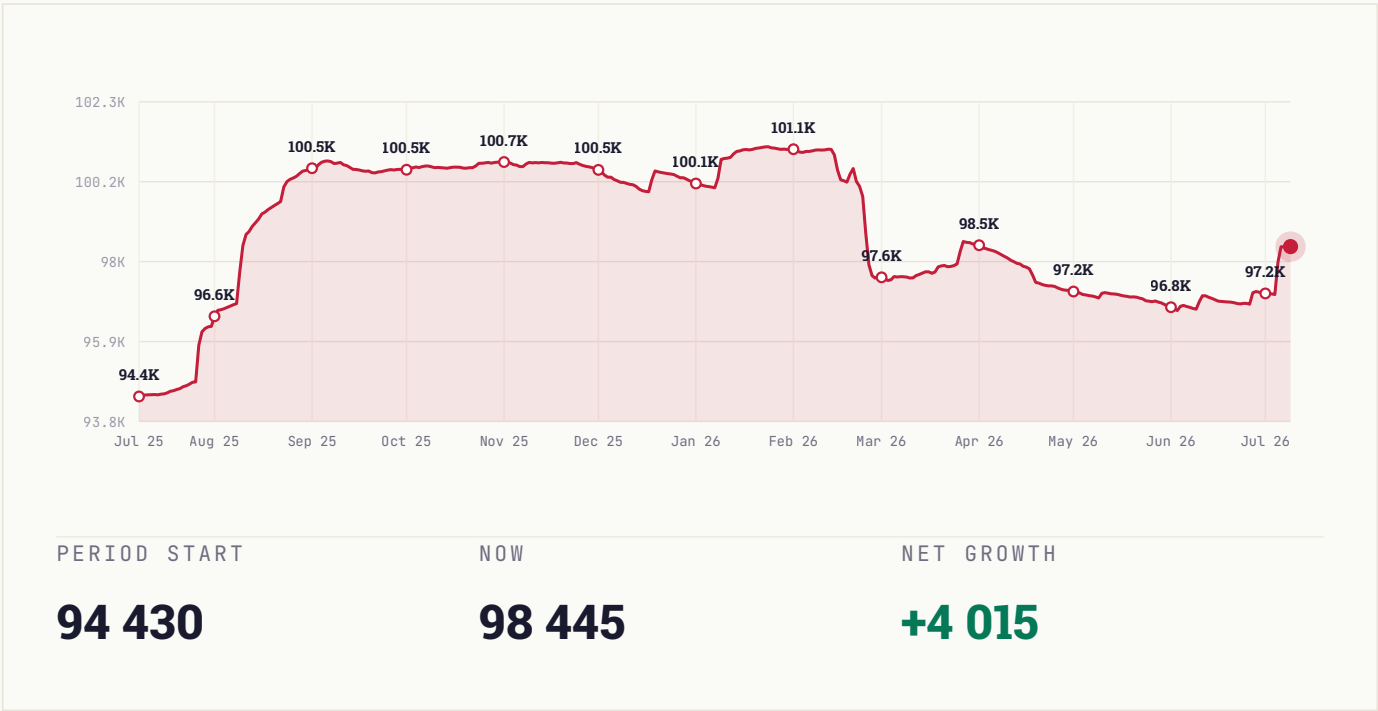
WORST 3

↓ 16.06 · 09:51 TEXT Read your ideas about porridge, I think there's still hope for normal carb intake)) Otherwise with this disease everything is protein already...	VIEWS 23 730 REP. 7	REACTIONS 397 ER 24.1%
↓ 26.06 · 13:46 PHOTO Let's continue! 60 days or about 2 months Personally, I see the most sense in this period, but only if you're absolutely sure you like it...	VIEWS 23 135 REP. 30	REACTIONS 373 ER 23.5%
↓ 06.07 · 15:21 PHOTO For salt lovers In a small 40g pack, 150 calories (no sauce) I can crunch these instead of chips) But about salt...	VIEWS 22 384 REP. 78	REACTIONS 643 ER 22.7%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

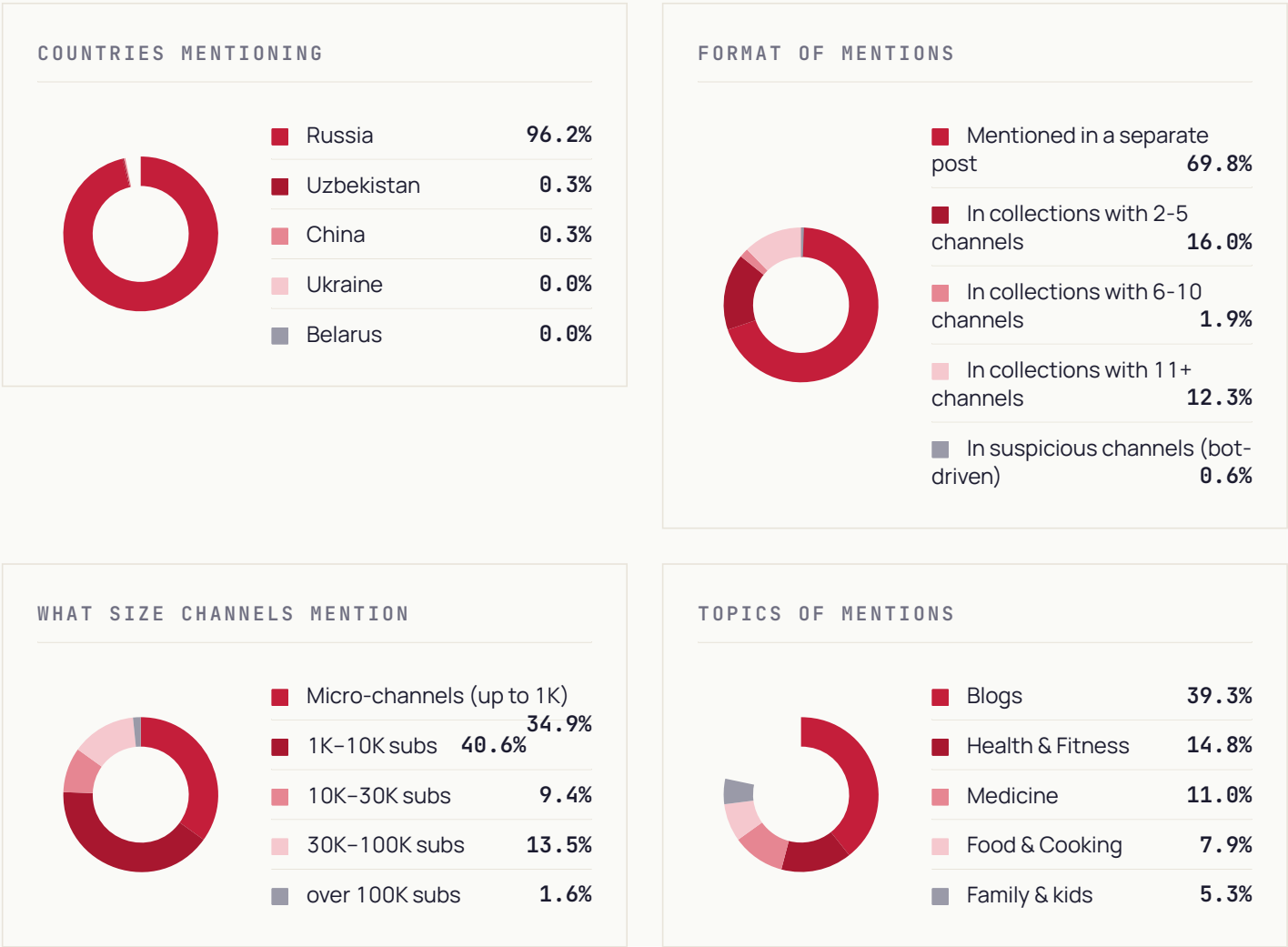
Subscriber growth chart for the year. Key months show exact subscriber count. See which months grew and which lost subs.



SECTION 04 · MENTIONS

Who mentions the channel and how

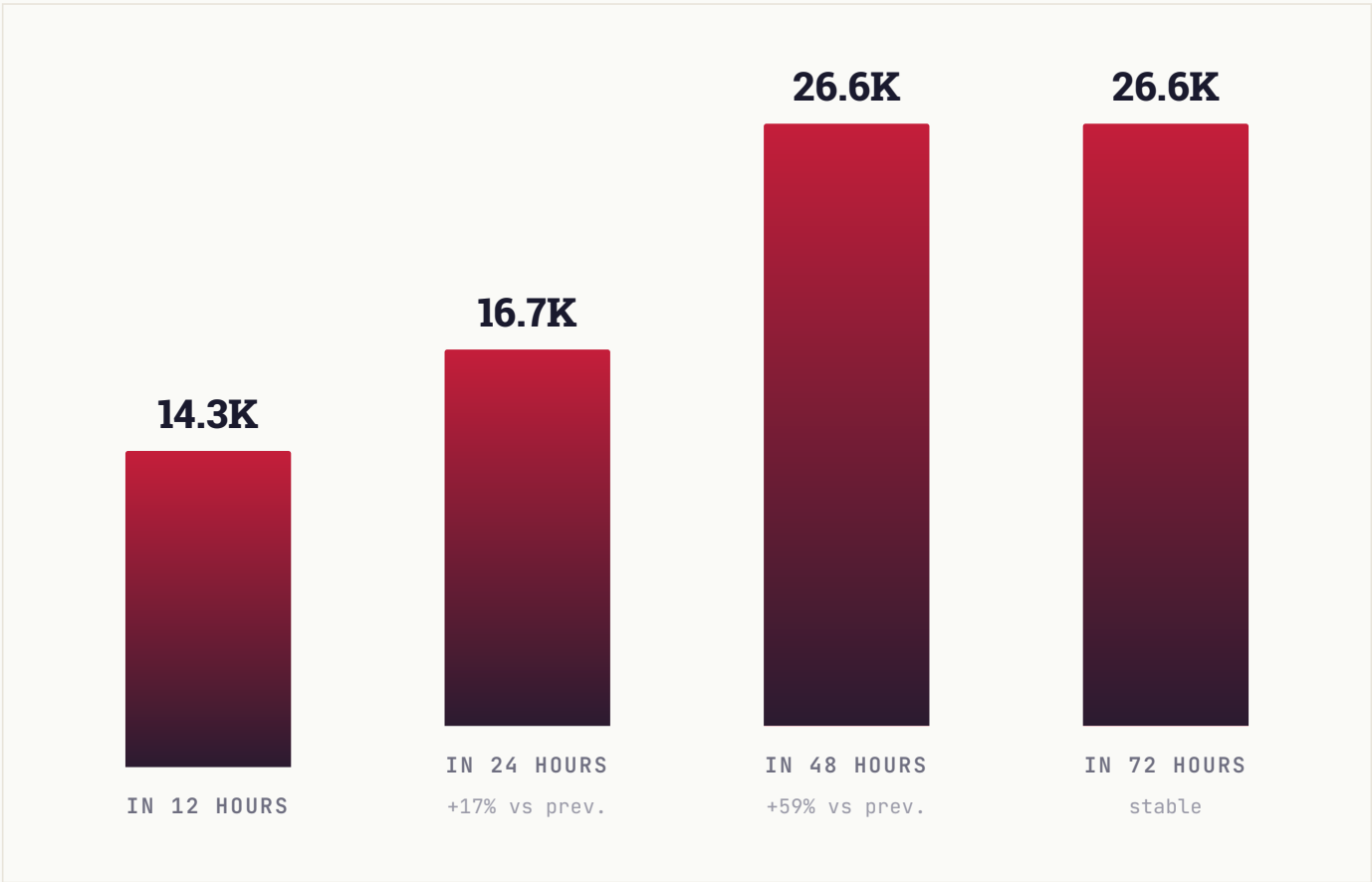
Citation index **67** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel 'weighs' more than from a 1K subs channel. All-time channel was mentioned **249** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 peers.

CHANNEL	SUBSCRIBERS
KR Cooking Recipes Salads 🤖	995.6K
Fri Pyaterochka	776.5K
M 🍰 Mom's Recipes 😊	680.8K
A Air fryer Recipes	593.3K
Mon Simple Recipes	586.9K
KR Recipe book	559K
CN Kitchen Inside Out	532.5K
VI Tasty & cheap 🍪	487.7K
ER CHIZHIK	485.1K
Sun Everyday recipes	461.5K
DK Doctor Komissarova ☀️ YOU	98.4K

COMPARATIVE CONCLUSION

Channel not yet outside top 94 of niche — early growth stage. Niche leader — Cooking Recipes Salads 🤖 (995.6K), top-94 median: 205K. First goal — enter top-94 through systematic work with traffic and content.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **36**, they brought **6 814** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	4	4	1 135
December 2025	2	1	556
November 2025	5	5	186
October 2025	1	1	340
Sep 2025	4	4	397
August 2025	20	18	4 200

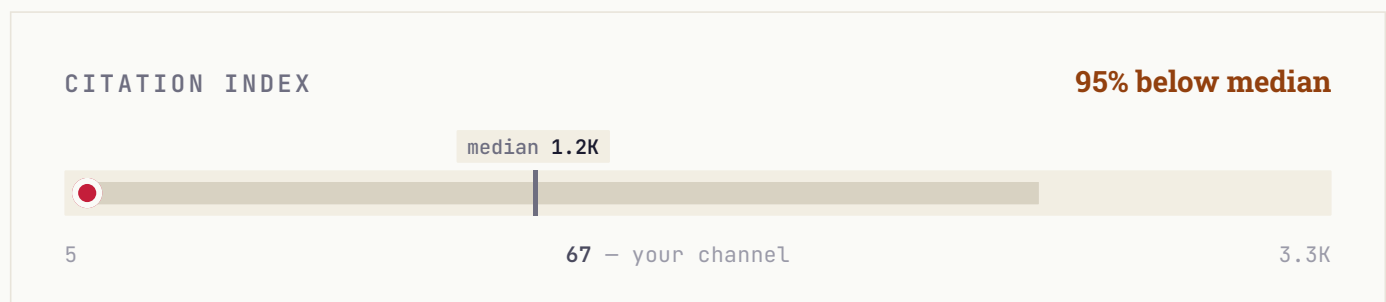
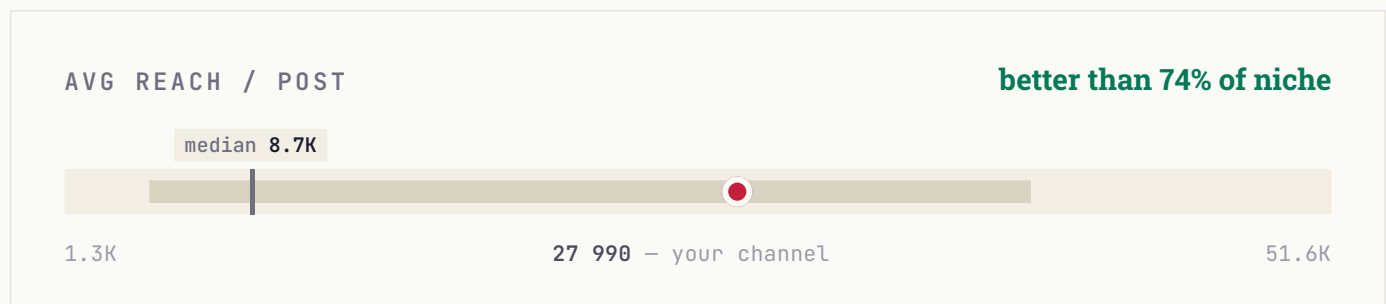
TOTAL MENTIONS	MONTHS IN DATA	ATTRACTED SUBSCRIBERS
36	6	6 814

Where the channel stands in its league

SUBSCRIBERS **53% below median**

A horizontal bar chart with a light beige background. A dark beige bar represents the range from 70.4K to 567.7K. A vertical line marks the median at 210.3K. A red dot on the left indicates the current channel's position at 98,443 subscribers.

Metric	Value
Current Channel Subscribers	98 443
Median Subscribers	210.3K
Range Start (Lower Bound)	70.4K
Range End (Upper Bound)	567.7K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Can be used as a checklist and revisited in a month.

- 01

Top post of the week — on Wednesday

Audience is most active on this day at 16:00 MSK.

EFFECT

Best window for an important post
- 02

Increase video post share

Video in Telegram holds 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 selects sources for your niche.

EFFECT

+1000-3000 subs
- 04

Test polls & interactive formats

Posts with polls/reactions usually give +5-15% to ER. One poll per week on a 'hot' topic — an easy growth point.

EFFECT

+5-15% ER
- 05

Cross-promo with neighboring channels

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

EFFECT

Growth from relevant audience

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes using public data. If you want to go further — run ads through us and hit 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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