

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Neurologist Tatiana Stetskaya | doctor_steckaya



@doctor_steckaya

Tatiana Stetskaya, PhD, neurologist, somnologist, cephalgologist



@Elena_pr_ins — assistant for collab, consultation booking

Registered in the list...

SUBSCRIBERS

33 112

-130 per month

ERR (% SEE POSTS)

39.0%

last 24 hrs 25.4%

REACH/POST

16K

ad reach 8.4K/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 33 112 —	 SUBSCRIBER REACH 48.4% avg % subs see post	 VIEWS/POST 16K median 15.9K · 26 days	 POSTS/WEEK 4.2 for period
 7D TREND +8.3% vs prev. week	 REACTIONS/POST 546.5 only 8,744 reactions, 396 reposts, 0 comments	 POST LENGTH 972 chars median 1000 · 26 days	 POSTS ANALYZED 16 26 days
 AD REACH 8.4K 24h avg	 CHURN / MONTH -130 last month	 CITATION RATE 20 citation index · 92 channels mentioned ever	 CHANNEL AGE 6 years 7 months created 14.12.2019

AI EDITOR SUMMARY

Channel «Neurologist Stetskaya Tatyana | doctor_steckaya 🩺💊» — 33 112 subs. Each post averages 16K people (48% of subs), wide reach for a channel this size. Publishes 4 posts per week (~1/day) — rare. Week Jul 6–12 reach grew by +8.3% by week Jun 29 – Jul 5 — positive trend.

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 16 posts over 26 days.
- 02 Dominant format – Text (8/16 posts).
- 03 Avg post length – 972 chars (median 1000).
- 04 Peak audience activity – Wed, 17:00 MSK.
- 05 Top posts get 2× more views than the weakest (21K avg for top vs 12.2K for worst) – among 16 posts in 26 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 15.07 · 14:41 VIDEO Friends, yesterday an interview was released on the occasion of the second reprint of my book "Child Tantrums: Who's to Blame and What to Do". For me this is a big...	VIEWS 22 176 REPOSTS 4	REACTIONS 1 025 ER 67.0%
Nº2 23.06 · 18:57 PHOTO 💡 Pregnancy Planning from a Neurology Perspective. When we talk about preparing for pregnancy, we often look for a 'magic test'...	VIEWS 20 919 REPOSTS 23	REACTIONS 337 ER 63.2%
Nº3 24.06 · 09:32 PHOTO 👇 Have you ever noticed: your skin may still be okay, but your eyes look tired, the corners of your mouth seem droopy, and your face shape isn't what it used to be? 💡 This...	VIEWS 19 895 REPOSTS 4	REACTIONS 221 ER 60.1%

Nº4 16.07 • 15:28 TEXT "Doc, my eye is twitching. Is it because I'm nervous?" That's exactly what comes to mind for anyone who's dealt with...	VIEWS 19 479 REPOSTS 24 REACTIONS 427 ER 58.8%
Nº5 10.07 • 14:30 TEXT Clinical case analysis Great job – almost everyone answered correctly! The patient has acute right-sided...	VIEWS 18 026 REPOSTS 10 REACTIONS 1 126 ER 54.4%

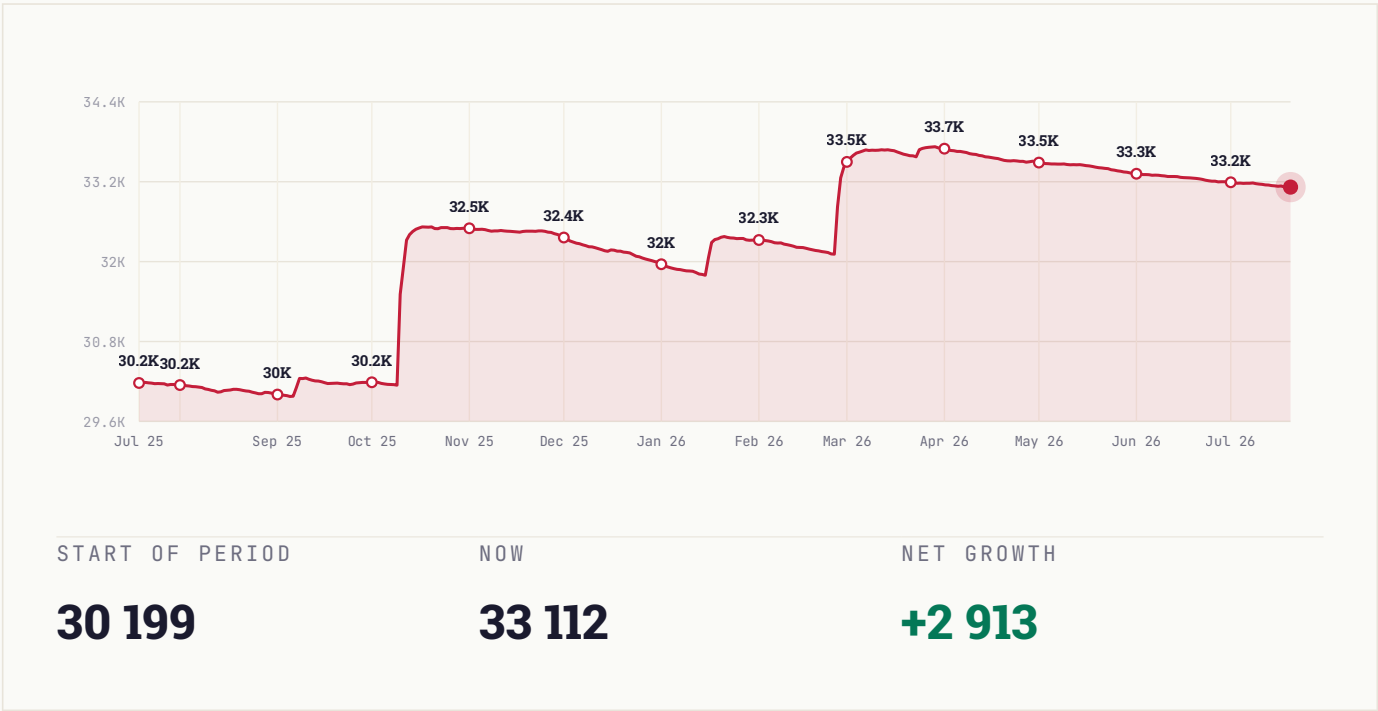
WORST 3

↓ 25.06 • 08:45 TEXT Part 1 Teen on phone: how to react without losing connection Every week parents of boys and...	VIEWS 13 863 REPOSTS 78 REACTIONS 766 ER 41.9%
↓ 02.07 • 05:30 TEXT Part 3 Teen on phone: why bans don't work? Before jumping to direct recommendations, I can't skip an important topic...	VIEWS 13 107 REPOSTS 52 REACTIONS 568 ER 39.6%
↓ 21.06 • 14:13 PHOTO Today is Medical Worker's Day – I'm at work. Over 13 years as a doctor, not a single day...	VIEWS 9 579 REPOSTS 2 REACTIONS 492 ER 28.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact subscriber count.
Highlights months of growth vs. loss.



SECTION 04 • CITATIONS

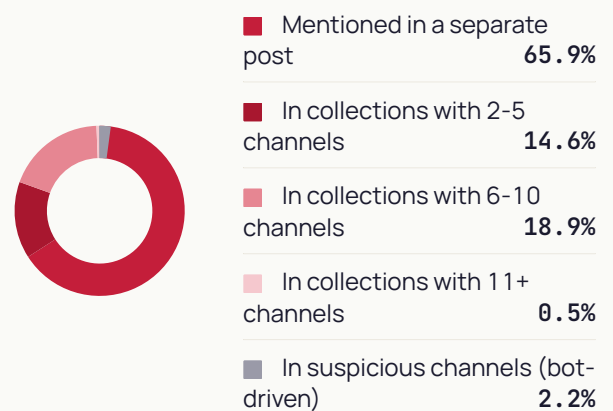
Who & how mentions the channel

Citation index **20** — channel popularity rating based on mentions. Considers not just count but also mentioner weight: a post from a 100K subs channel "weighs" more than from a 1K subs channel. All-time channel mentions: **92** different channels.

COUNTRIES MENTIONING



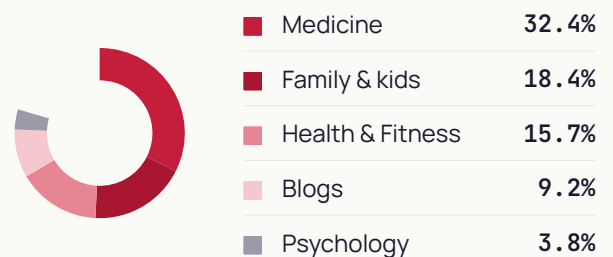
MENTION FORMAT



SIZE OF CHANNELS MENTIONING



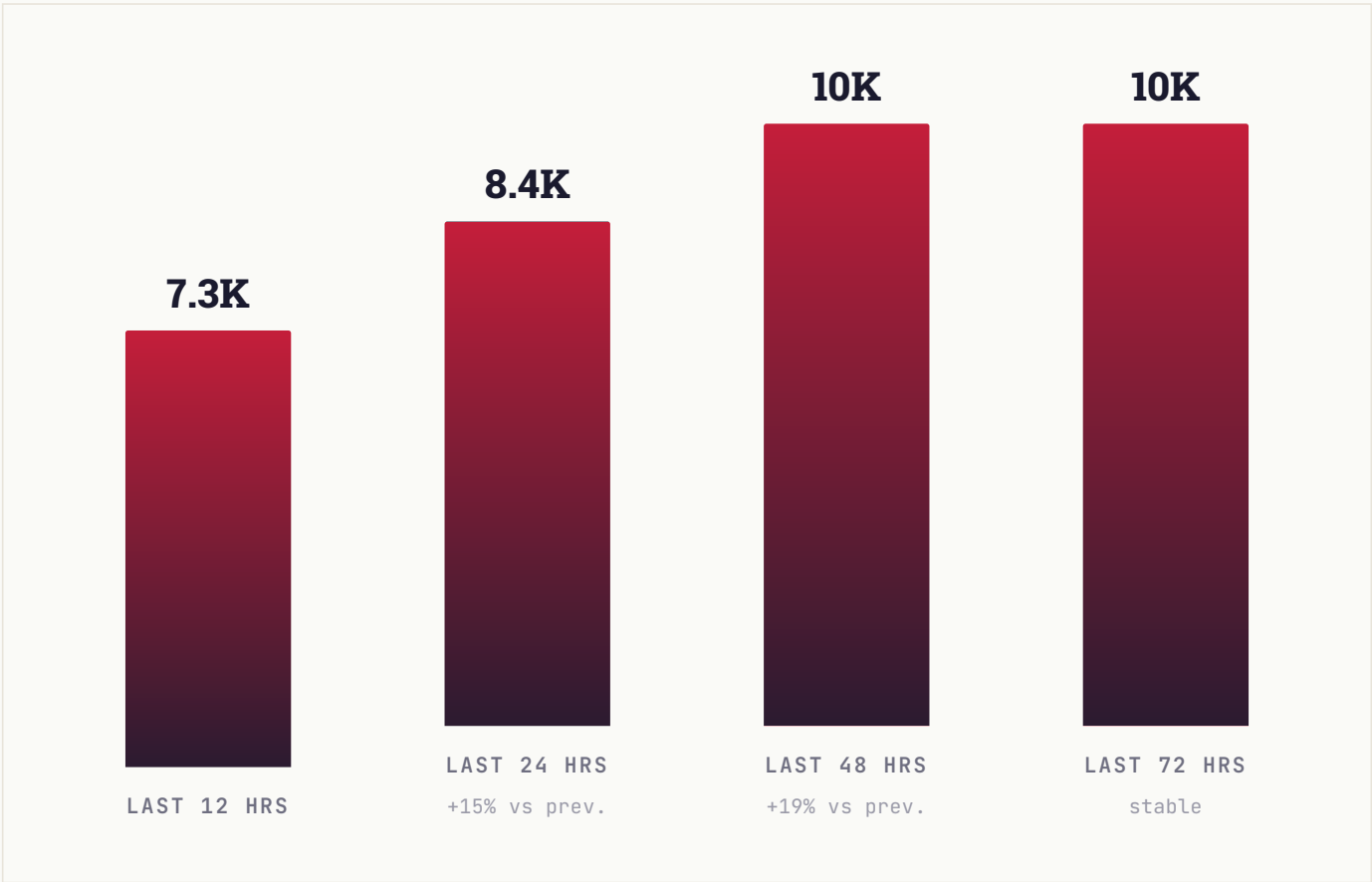
MENTIONED IN WHICH TOPICS



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. Highlighted your channel — shows 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
Health ZdravKontrol	222.2K
NS Neurologist Tatiana Stetskaya doctor_steckaya 🩺🩹 YOU	33.1K

COMPARATIVE SUMMARY

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

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 **6 months** such mentions were **18**, they brought **3 401** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	4	1	580
December 2025	1	1	21
November 2025	2	1	35
October 2025	6	5	2 381
September 2025	3	3	318
August 2025	2	2	66

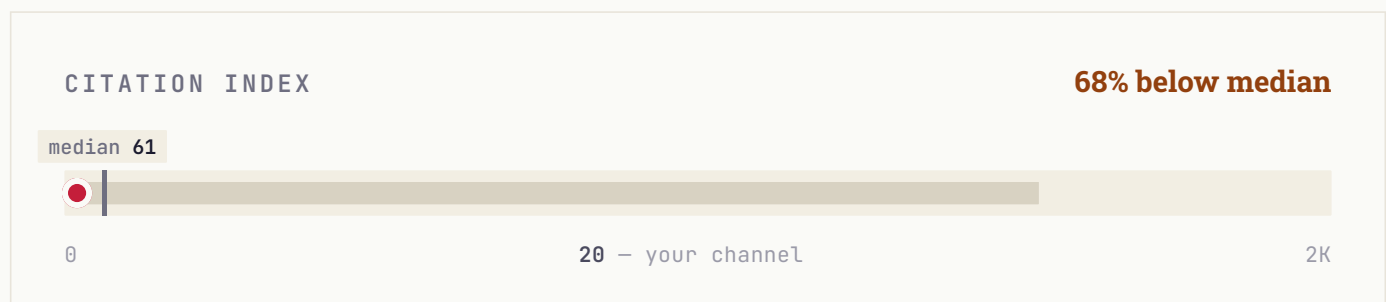
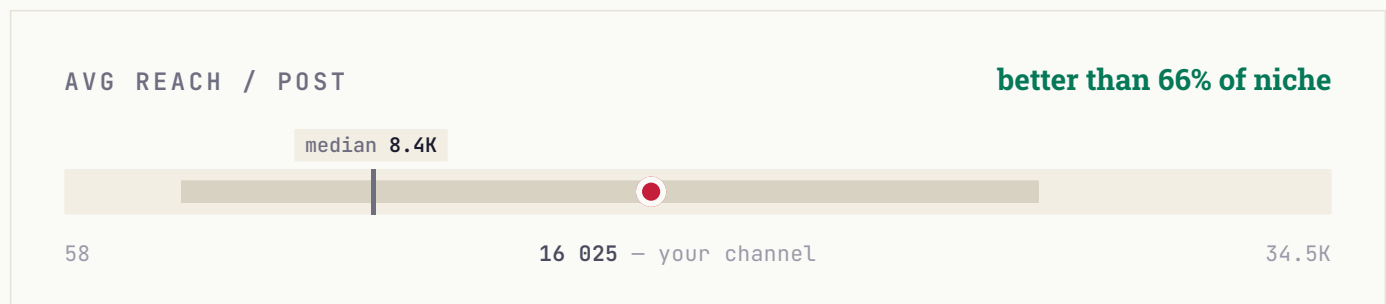
TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
18	6	3 401

Where the channel stands in its league

SUBSCRIBERS **68% 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 33,112, which is 68% below the median. The range from 36.2K to 284.7K is shown as a lighter beige bar.

Metric	Value
Channel Subscribers	33 112
Median	105.1K
Range (Min-Max)	36.2K - 284.7K



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit this report in a month.

01

Increase posting frequency

Now 4.2 posts/week. Active channels average 7-10.
Consistency is key to retention.

EFFECT

**Consistency
beats volume**

02

Top post of the week — on Wednesday

Audience is most active on this day at 17:00 MSK.

EFFECT

**Best window
for an
important post**

03

Increase video post share

Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

04

System traffic buying

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

EFFECT

**+1000-3000
subs**

05

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER

★ WHAT'S NEXT

Want this done by **PromptPress?**

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

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