

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Zubareva / Doctor Zubareva



@doctor_zubareva

- Practicing doctor of preventive and anti-aging medicine - Author of a series of bestsellers - Founder of MIFIM and preventive medicine clinic Collaboration +79161445555 Registered in the Roskomnadzor list...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
414 411 25.06.2026 -658 per month	4.0% HTTPS://PROMTPRESS.COM/AUDIT/DOCTOR_ZUBAREVA per day 2.4%	14.9K ad reach 10.1K/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 414 411 —	 SUBS REACH 3.59% avg % subs see post	 VIEWS/POST 14.9K median 14.2K · 28 days	 POSTS/WEEK 27.6 over period
 7D TREND -21.7% vs previous week	 REACTIONS/POST 83.3 total 9,248 reactions, 5,444 reposts, 648 comments	 POST LENGTH 710 chars median 969 · 28 days	 POSTS ANALYZED 111 28 days
 AD REACH 10.1K 24h avg	 CHURN / MONTH -658 last month	 CITATION RATE 51 citation index · 475 channels mentioned all time	 CHANNEL AGE 7 years 3 months created 01.03.2019

AI EDITOR SUMMARY

Channel «Doctor Zubareva / Doctor Zubareva» — 414 411 subs. Each post averages 14.9K people (4% from subs), reach is low — consider expanding audience. Publishes 28 posts per week (~4/day) — active posting. Week of June 8–14, reach dropped by -21.7% vs week Jun 1–7 — analyze reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & underperformers — to see what to repeat & what to drop.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 111 posts over 28 days.
- 02 Dominant format — Video (56/111 posts).
- 03 Avg post length — 710 chars (median 969).
- 04 Peak audience activity — Friday, 17:00 MSK.
- 05 Top posts get 3× more views than the weakest (23.9K avg top vs 9K worst) — among 111 posts in 28 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 05.06 · 12:01 PHOTO No, beetroot salad with garlic won't turn a man into an alpha male... Everything works together 🍷🍷Food is fuel Pumpkin seeds, beetroot...	VIEWS	REACTIONS
	25 223	350
	REPOSTS	ER
	615	6.1%
Nº2 29.05 · 14:03 PHOTO 5🍷 rules for cooking beef tongue so it turns out tender, soft, and not rubbery Since today I'm sharing with you my...	VIEWS	REACTIONS
	23 306	353
	REPOSTS	ER
	502	5.6%
Nº3 31.05 · 16:31 TEXT DIGEST 🍷🍷 Posts you might have missed: 🍷 Big podcast with Mikhail Kutushov on how diseases form 🍷🍷 Why...	VIEWS	REACTIONS
	23 067	122
	REPOSTS	ER
	102	5.6%

Nº4 04.06 · 16:10 VIDEO NEW PROJECT... Once you join, you get access to all marathons of the 'School of Health' from the Institute of Nutriology MIFIM The 'School...	VIEWS 22 675 REPOSTS 48	REACTIONS 91 ER 5.5%
Nº5 28.05 · 16:03 PHOTO BEAUTY VITAMIN BACK IN STOCK It's BIOTIN! ☺ This vitamin can ✓strengthen the nail plate. In one study...	VIEWS 21 769 REPOSTS 77	REACTIONS 143 ER 5.3%

WORST 3

↓ 11.06 · 10:18 PHOTO Now for the most interesting part! Pineapple – expected glucose spike. But the high peak was caused by... coconut. Meanwhile, some desserts, coffee, and products...	VIEWS 9 031 REPOSTS 10	REACTIONS 53 ER 2.2%
↓ 16.06 · 16:37 VIDEO (post without caption – video)	VIEWS 8 999 REPOSTS 3	REACTIONS 42 ER 2.2%
↓ 11.06 · 10:18 VIDEO Here's the first thing that surprised me One night Alexandra didn't eat before bed – and the graph was smooth and calm. Another night she had...	VIEWS 8 989 REPOSTS 28	REACTIONS 77 ER 2.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

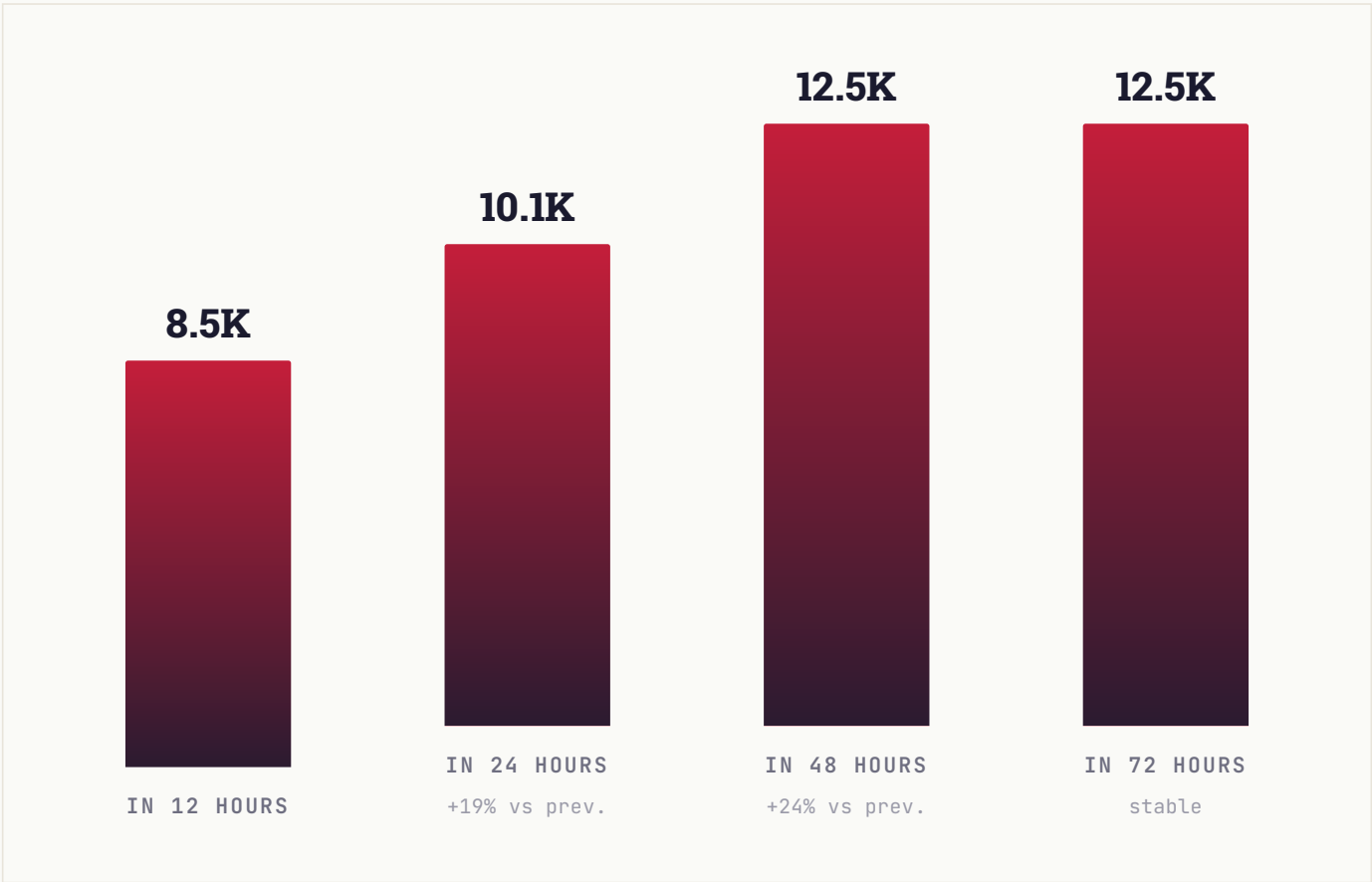
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained or lost subs.



SECTION 04 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps gauge how long a placement stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

11 closest channels by topic & audience. Your channel highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	479.3K
BZ Stay Healthy	449.1K
ZE Healthy food	418.9K
HW Doctor Zubareva / Doctor Zubareva YOU	414.4K
HS Homo Sapiens	368.2K

COMPARATIVE INSIGHT

Channel in top 10 niche (#10 of 96). Strong position. Niche leader — Test purchase (772.4K), room to grow to #1. Mutual exchanges with other top-10 channels as equals.

SECTION 06 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention your channel. Over the last **6 months** such mentions were **78**, they brought **22 519** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
December 2025	12	10	3 140
November 2025	30	29	2 061
October 2025	6	6	5 872
September 2025	10	10	6 664
August 2025	14	11	1 905
July 2025	6	5	2 877
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS	
78	6	22 519	

SECTION 07 · NICHE COMPARISON

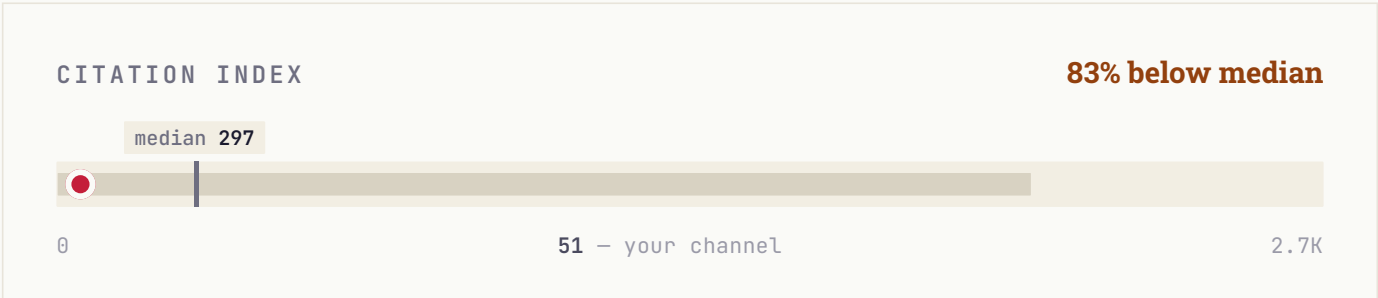
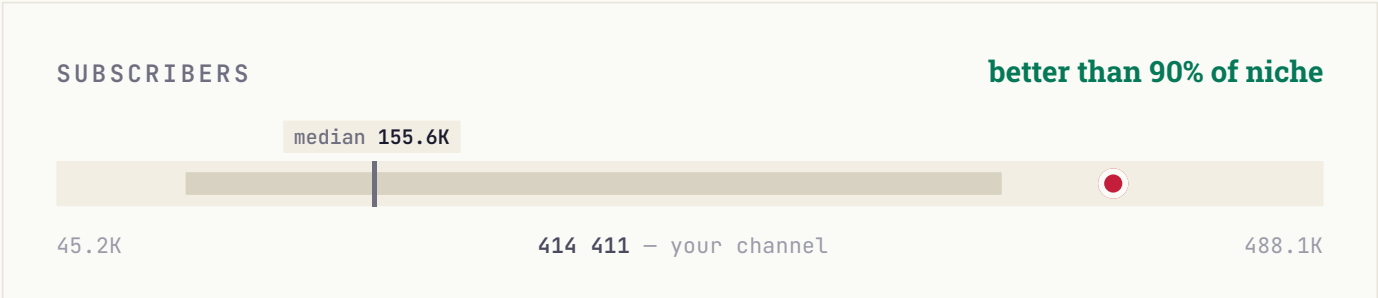
Where the channel ranks in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#10/100

RANK IN NICHE

Channel in top 10% Health & Fitness Russia



— SECTION 08 · STRATEGY

What to do right now

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

01

Top post of the week — on Friday

Audience most active on this day at 5:00 PM MSK.

EFFECT

**Best window
for important
posts**

02

ER below niche benchmark — rethink formats

Current ER 3.59% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+3.4pp ER

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 typically boost ER by +5-15%. One poll per week on a hot topic — easy growth lever.

EFFECT

+5-15% ER

05

Cross-promo with neighboring channels

Swap 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 us to do this **PromptPress?**

This audit — what we can do in minutes from public data. Want more? Run ads with us & hit your growth plan in a month.

01

Launch Telegram ads

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager