

PUBLIC REPORT PROMTPRESS

Channel audit

Sexologist vs Sex



@dr_pangy

Book an appointment 📞 @ass_prytkova Intim boutique 📞
 @pangy_shop Angelina Prytkova, sexologist, clinical psychologist
 This channel is dedicated to sexual education !! - libido, sex,
 pleasure,...

SUBSCRIBERS

11 907

+28 per month

ERR (% SEE POSTS)

12.0%

last day 5.2%

REACH/POST

1.3K

ad reach 620/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 11 907 —	 SUBS REACH 10.71% avg % subs see post	 VIEWS/POST 1.3K median 1.3K · 29 days	 POSTS/WEEK 16.6 for the period
 7D TREND -22.1% vs previous week	 REACTIONS/POST 32.6 total 2,281 reactions, 225 reposts, 298 comments	 POST LENGTH 457 chars median 388 · 29 days	 POSTS ANALYZED 70 29 days
 AD REACH 620 24h avg	 CHURN / MONTH +28 last month	 CITATION RATE 230 citation index · 656 channels mentioned ever	 CHANNEL AGE 4 years 5 months created 09.02.2022

AI EDITOR SUMMARY

Channel «Sexologist vs Sex» — 11 907 subs. Avg views per post 1.3K people (11% of subs), reach low — expand audience. Publishes 17 posts per week (~2/day) — steady. Week Jul 6–12 reach dropped -22.1% by week Jun 29 – Jul 5 — worth analyzing.

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 SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 70 posts over 29 days.
- 02 Dominant format — Video (33/70 posts).
- 03 Avg post length — 457 chars (median 388).
- 04 Audience peak activity — Friday, 21:00 MSK.
- 05 Top-performing posts get 2x more views than the weakest (2K avg for top vs 927 for worst) — among 70 posts over 29 days. Worth analyzing what the top has in common — topic, format, timing.

TOP 5 POSTS

Nº1 03.07 · 18:28 PHOTO Hyaluronic acid in the vagina and inability to have sex I always say injection is an intervention. It's not just a little shot Post about...	VIEWS 2 028 REPOSTS 1	REACTIONS 21 ER 17.0%
Nº2 28.06 · 05:04 PHOTO You can't manage passion, so rare sex is normal Actually, it's a stigma And the best skill we teach patients...	VIEWS 1 992 REPOSTS 2	REACTIONS 38 ER 16.7%
Nº3 29.06 · 19:29 VIDEO Causes of pain during sex  Through the eyes of a sexologist and pelvic therapist Coming to you at night because I've been seeing patients all day	VIEWS 1 882 REPOSTS 4	REACTIONS 42 ER 15.8%

Nº4 27.06 • 05:04 VIDEO I want to be close to him every day, but he doesn't. What to do? Let's define terms, like at scientific congresses Intimacy...	VIEWS 1 881 REPOSTS 3 REACTIONS 41 ER 15.8%
Nº5 28.06 • 13:59 TEXT Lack of a partner hinders sexual desire The biggest myth that can ruin your relationship	VIEWS 1 857 REPOSTS 3 REACTIONS 20 ER 15.6%

WORST 3

↓ 16.07 • 05:02 PHOTO ♥ Answering your anonymous questions 1. Uterine prolapse stage 2, they suggest plastic surgery, what to do 2. Wife wants variety in sex...	VIEWS 975 REPOSTS 3 REACTIONS 31 ER 8.2%
↓ 16.07 • 10:28 PHOTO Poop shoes Are we going to discuss this? The conscious consumption industry has reached a process that has been working well...	VIEWS 954 REPOSTS 10 REACTIONS 45 ER 8.0%
↓ 16.07 • 14:54 TEXT A step to keep knees as high as possible. This is great 👍 and a lifesaver 🛟. Thanks to Angelina 🙏. Long forgot about constipation and what it's like to push.	VIEWS 854 REPOSTS — REACTIONS 25 ER 7.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

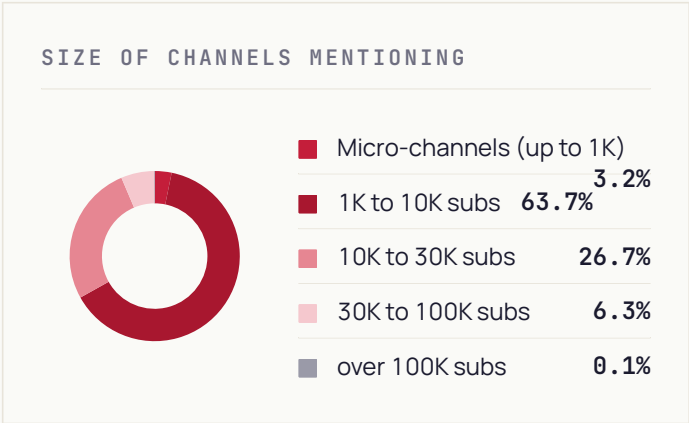
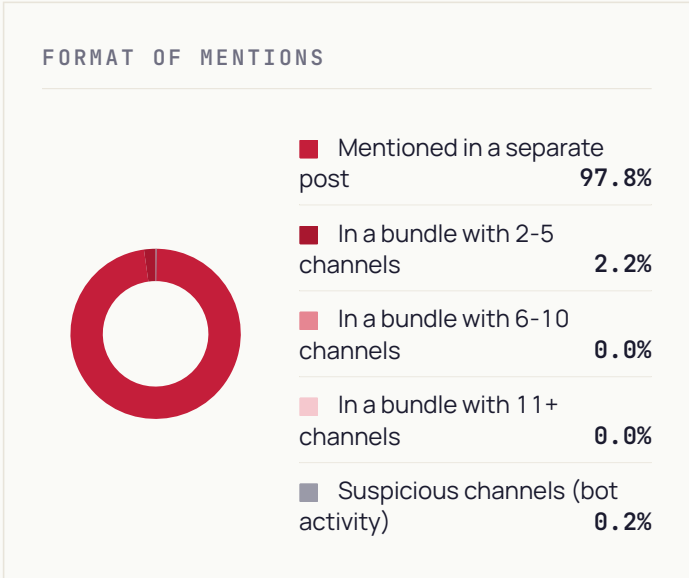
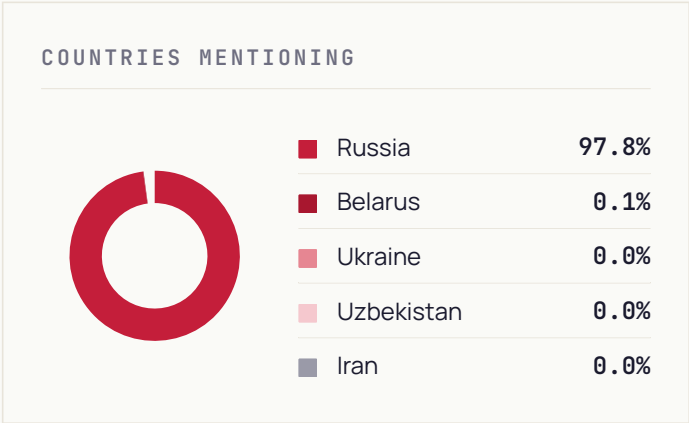
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel grew and which months subscribers left.



SECTION 04 · CITATIONS

Who mentions the channel and how

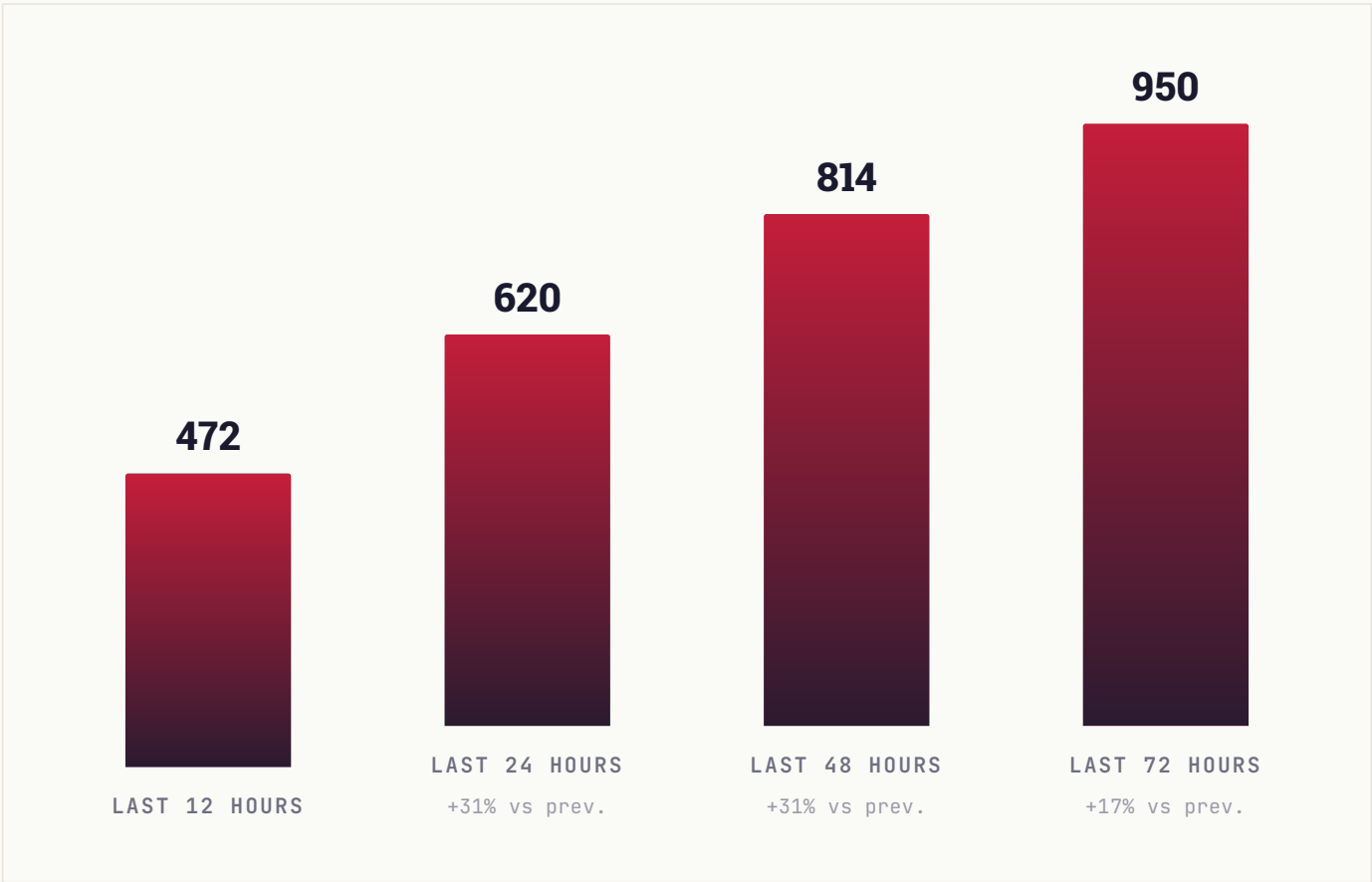
Citation index **230** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All-time channel was mentioned **656** different channels.



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 closest channels by topic and audience. Highlighted your channel — shows its place 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 🌿 Халқ табobati 🌿	235.1K
ZD ZdravKontrol	222.2K
SP Sexologist vs Sex YOU	11.9K

COMPARATIVE CONCLUSION

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 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 **6 months** such mentions were **168**, they brought **3 157** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	22	15	650
December 2025	18	16	197
November 2025	43	39	951
October 2025	30	28	527
Sep 2025	33	33	305
August 2025	22	22	527

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
168	6	3 157

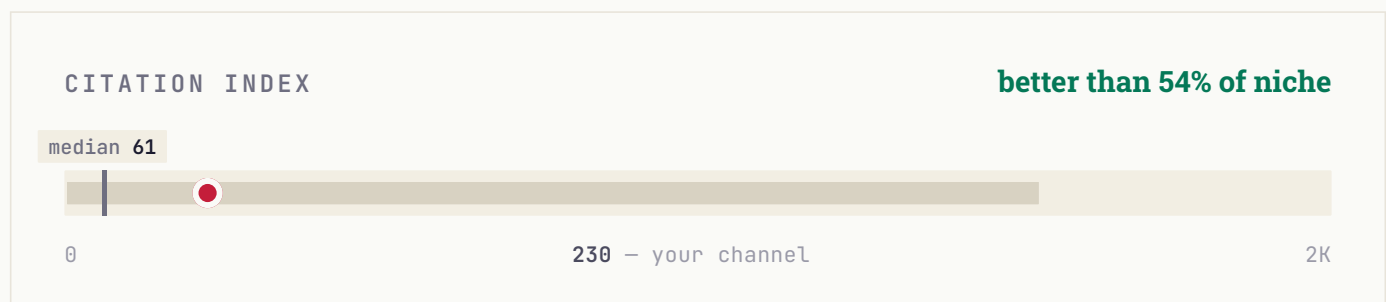
Where the channel ranks in its league

SUBSCRIBERS **89% below median**

median 105.1K

36.2K 11 907 — your channel 284.7K

Metric	Value
Current Channel Subscribers	11,907
Median Subscribers	105.1K
Percentage Below Median	89%
Range (Min)	36.2K
Range (Max)	284.7K



— SECTION 09 · STRATEGY

What to do right now

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

01

Top post of the week — on Friday

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

EFFECT

**Best window
for an
important post**

02

Systematic 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**

03

Test polls and 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

04

Cross-promo with neighboring channels

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

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords — it's a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes based on 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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