

PROMTPRESS PUBLIC REPORT

Channel audit

Timofey Karmatsky



@karmatsky_timofey

■ Psychosomatics ■ Visceral massage Health expert, neurologist, author, useful videos on YouTube every week, students worldwide! ■ Training, consultations, books, students:...

SUBSCRIBERS

186 019

-755 per month

ERR (% SEE POSTS)

5.0%

per day 2.4%

REACH / POST

8.9K

ad reach 4.4K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

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

 SUBSCRIBERS 186 019 —	 SUBSCRIBER REACH 4.81% avg % subs see post	 VIEWS / POST 8.9K median 8.9K · 29 days	 POSTS / WEEK 18.4 for period
 7D TREND -7.0% vs previous week	 REACTIONS/POST 98.9 total 7,619 reactions, 2,665 reposts, 775 comments	 POST LENGTH 715 chars median 774 · 29 days	 POSTS ANALYZED 77 29 days
 AD REACH 4.4K 24h avg	 CHURN / MONTH -755 last month	 CITATION RATE 10 citation index · 154 channels mentioned ever	 CHANNEL AGE 5 years 2 months created 22.04.2021

AI EDITOR SUMMARY

Channel «Timofey Karmatsky» – 186 019 subs. Each post averages 8.9K people (5% from subs), reach is low – consider expanding audience. Publishes 18 posts per week (~3/day) – consistent schedule. For week Jun 8–14, reach dropped -7.0% vs week Jun 1–7 – worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 77 posts over 29 days.
- 02 Dominant format – Photo (37/77 posts).
- 03 Avg post length – 715 chars (median 774).
- 04 Audience peak activity – Friday, 17:00 MSK.
- 05 Top posts get 2x more views than the weakest (12.5K avg top vs 6.8K worst) – among 77 posts over 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

№105.06 · 14:32	PHOTO	Sharing impressions from our community members! Some have been with us for a year, some just joined, but already...	VIEWS	REACTIONS
			13 423	72
№207.06 · 11:03	PHOTO	Checked the weather – rain probability zero. Still left the outdoor chair uncovered, caught myself...	REP.	ER
			2	7.2%
№306.06 · 11:15	PHOTO	🎁 GIVEAWAY for closed community members! 🎁 We have a nice surprise for our own again! We are raffling off a WHOLE BOX OF HEALTH. Inside...	VIEWS	REACTIONS
			11 823	46
			REP.	ER
			5	6.4%

Nº4

27.05 · 18:02

PHOTO

📄

Save this SCHEME TO GET RID OF CONSTIPATION! Training to help you: ☒ Self-massage of the abdomen and reflex stimulation of the intestines, and...

VIEWS

11 582

REACTIIONS

166

REP.

287

ER

6.2%

Nº5

01.06 · 09:02

PHOTO

I have a congenital anomaly, can it be cured? I have a twisted gallbladder. I have a hemangioma in the brain. I have extra loops...

VIEWS

11 428

REACTIIONS

125

REP.

40

ER

6.1%

WORST 3

↓ 22.06 · 10:02 PHOTO ☒ FREE LECTURE ON HEALTHY LIFESTYLE Feel it's time to take care of your health but don't know where to start? With age, the body...	VIEWS 6 959 REACTIIONS 78 REP. 14 ER 3.7%
↓ 22.06 · 07:00 TEXT Preparing a video on a topic many have asked about: leg cramps and restless legs syndrome. I want to cover in the video...	VIEWS 6 895 REACTIIONS 172 REP. 4 ER 3.7%
↓ 21.06 · 16:56 VIDEO ☒ The three-day seminar on evidence-based psychosomatics in Moscow has ended! Three days of practice, deep analysis, and live work! Students...	VIEWS 6 638 REACTIIONS 64 REP. 10 ER 3.6%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

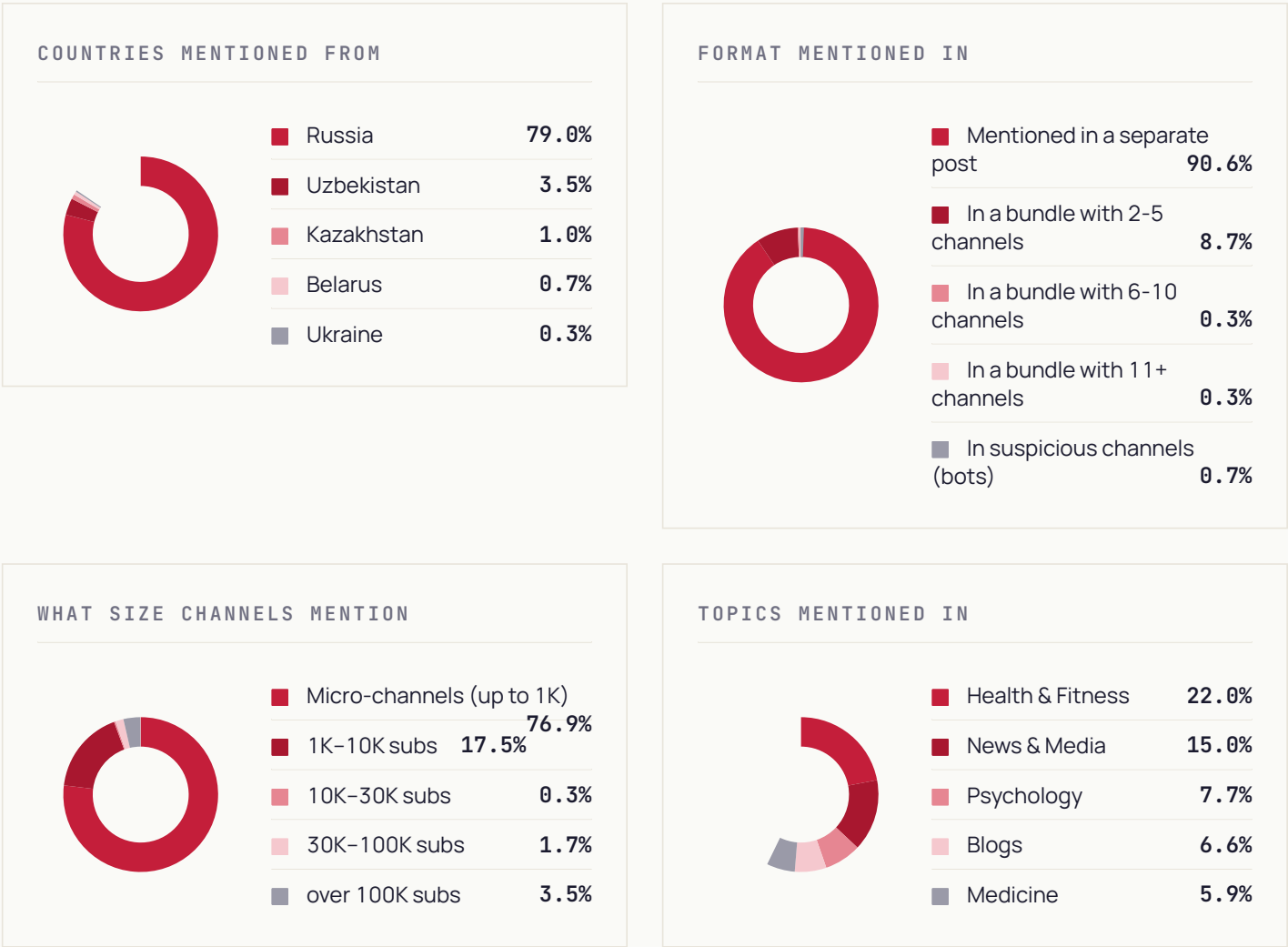
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who mentions the channel & how

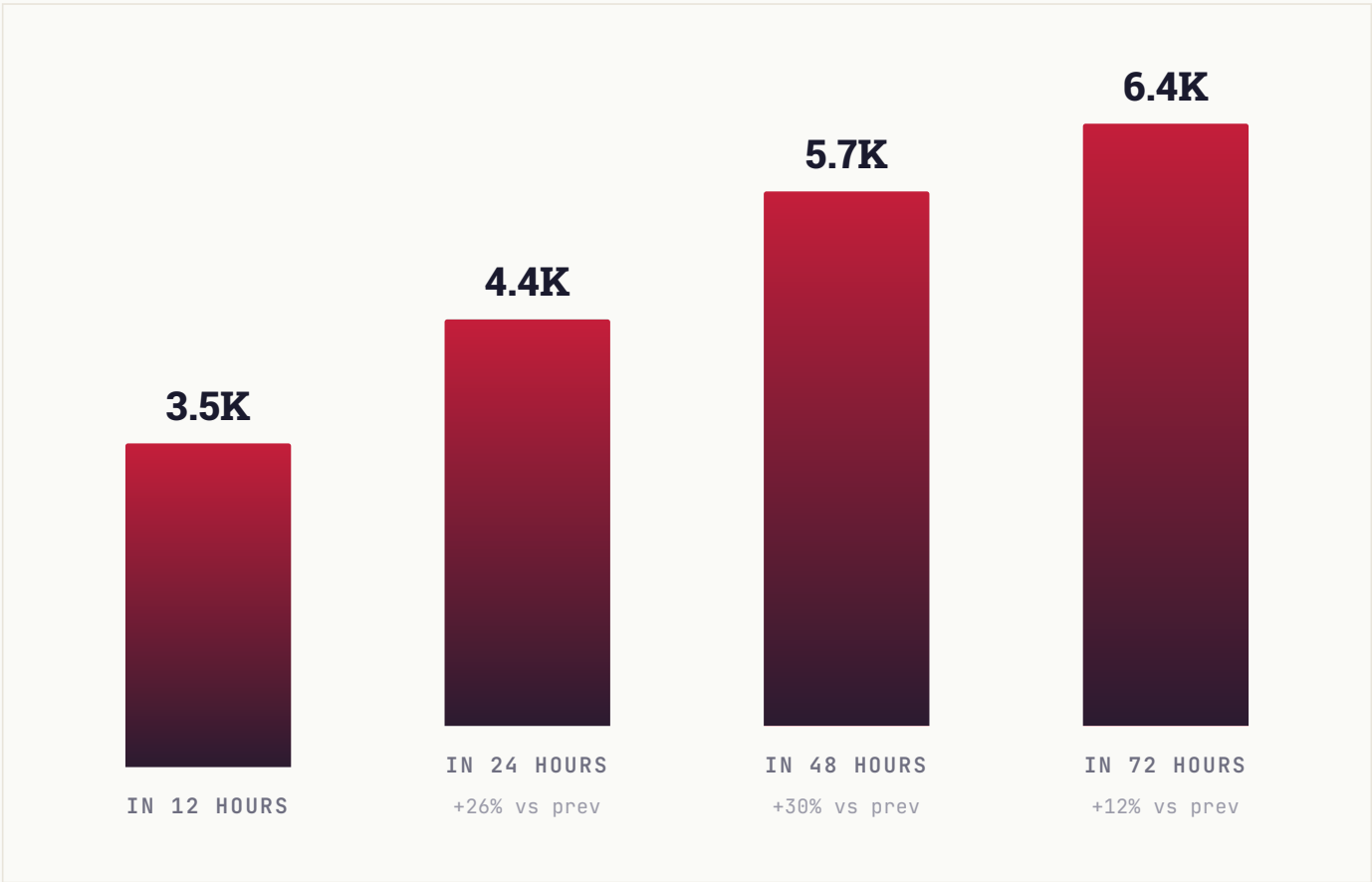
Citation index **10** – channel popularity rating based on mentions. Considers not only quantity but also weight of mentioners: a post from a channel with 100K subs weighs more than from 1K subs. All time channel was mentioned **154** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg reach of an ad post over time since publication. Helps estimate how long a placement stays effective.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic & audience. Your channel is 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 Faceplastic author	479.3K
BZ Stay Healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
TK Timofey Karmatsky YOU	186K

COMPARATIVE CONCLUSION

Channel in top half of niche (#37 of 96). Niche leader — Test Purchase (772.4K), median subs 153.3K. Aim for the top quartile — a realistic 6-12 month horizon.

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 **20**, they brought **6 159** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	2	2	212
Nov 2025	0	0	964
Oct 2025	8	8	1 919
Sep 2025	2	2	1 779
August 2025	1	1	731
July 2025	7	7	554

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
20	6	6 159

SECTION 08 · NICHE COMPARISON

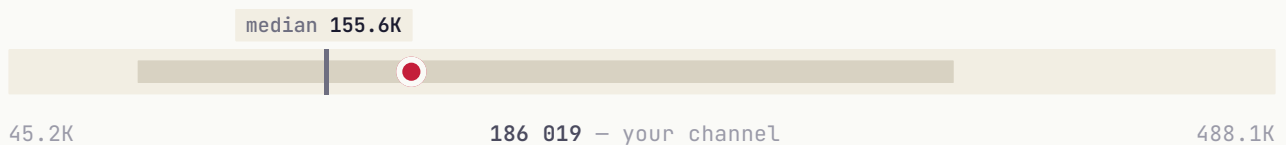
Where the channel stands in its league

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.

#37 /100 RANK IN NICHE
Channel in the top half of the ranking

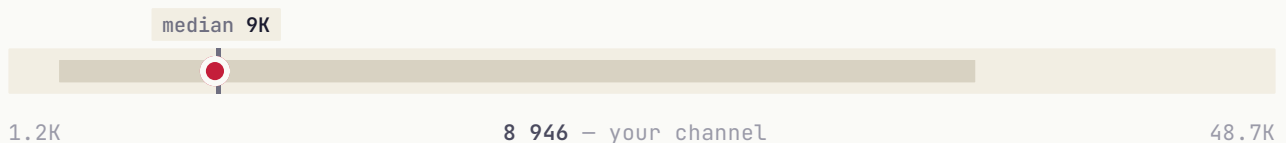
SUBSCRIBERS

better than 55% of niche



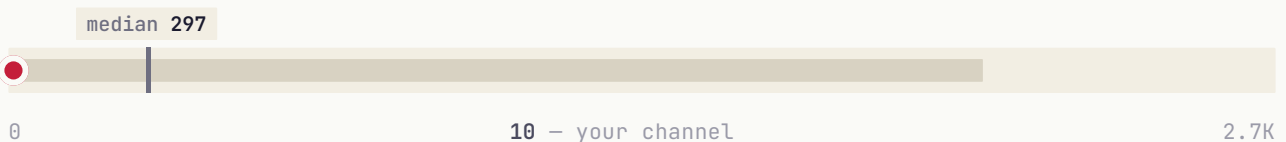
AVG REACH / POST

worse than median by 1%



CITATION INDEX

worse than median by 97%



— 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**Main post of the week — on Friday**

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

EFFECT

**Best window
for important
posts****02****ER below niche benchmark — rethink formats**

Current ER 4.81% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+2.2pp 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 weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER**05****Cross-promo with similar channels**

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes from public data. Want to go further — run ads with us and close your growth plan in a month.

01

**Launch ads in
Telegram**

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

02

Contact manager

t.me/PromptPress_manager