

PUBLIC PROMTPRESS REPORT

Channel audit

Psychotherapist Pribytkov



@pribytkov_psy

Alexey Pribytkov About me, consultations, my book <https://taplink.cc/pribytkov> Psychotherapist, psychiatrist PhD, associate professor I don't write in PM - those are scammers

SUBSCRIBERS

39 729

+71 per month

ERR (% SEE POSTS)

27.0%

per day 9.1%

REACH/POST

10.3K

ad reach 3.6K/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 39 729 —	 SUBSCRIBER REACH 25.96% avg % subs see post	 VIEWS/POST 10.3K median 10.6K · 27 days	 POSTS/WEEK 3.4 for the period
 7D TREND -18.5% vs previous week	 REACTIONS/POST 301.4 total 3,918 reactions, 918 reposts, 577 comments	 POST LENGTH 702 chars median 999 · 27 days	 POSTS ANALYZED 13 27 days
 AD REACH 3.6K 24h avg	 CHURN / MONTH +71 last month	 CITATION RATE 51 citation index · 319 channels have mentioned it ever	 CHANNEL AGE 4 years 4 months created 24.02.2022

AI EDITOR SUMMARY

Channel «Psychotherapist Pribytkov» — 39 729 subs. Each post averages 10.3K people (26% of subs), that's good reach. Publishes 3 posts per week (~0 per day) — rare publications. For the week of June 15–21, reach dropped by -18.5% by the week of June 8–14 — worth analyzing why.

SECTION 02 · CONTENT ANALYSIS

Best-performing content

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 13 posts over 27 days.
- 02 Dominant format – Text (8/13 posts).
- 03 Avg post length – 702 chars (median 999).
- 04 Audience peak activity – Thu, 18:00 MSK.
- 05 Top posts get 2x more views than the weakest (13.7K avg for top vs 7.1K for worst) – among 13 posts over 27 days. Worth analyzing what the top posts share: topic, format, timing.

TOP 5 POSTS

Nº1

04.06 · 15:34

TEXT

"Suspicious" psychotherapy ☹ In the previous post I noted that psychotherapy (like any intervention) may carry some risks...

VIEWS	REACTIONS
14 826	332
REPOSTS	ER
112	37.3%

Nº2

01.06 · 12:39

TEXT

Is psychotherapy dangerous? ☹ Does psychotherapy carry risks? Logic suggests there must be some. If we assume that "words heal"...

VIEWS	REACTIONS
13 494	338
REPOSTS	ER
103	34.0%

Nº3

12.06 · 06:53

TEXT

Only 15% of Russians said they understand the difference between a psychiatrist, psychotherapist, and psychologist 😬 Here are the poll results*. Here...

VIEWS	REACTIONS
12 921	193
REPOSTS	ER
40	32.5%

Nº4 30.05 • 05:54 PHOTO ... and posts about "coffee enemas" usually get more traction than science-backed content 😊	VIEWS 12 103 REPOSTS 55 REACTIONS 460 ER 30.5%
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Nº5 10.06 • 07:31 TEXT Streزام (etifoxine): what's the wonder drug? Yesterday a med rep came by "to tell me about strezam". What I heard (highlighted...	VIEWS 11 918 REPOSTS 89 REACTIONS 467 ER 30.0%
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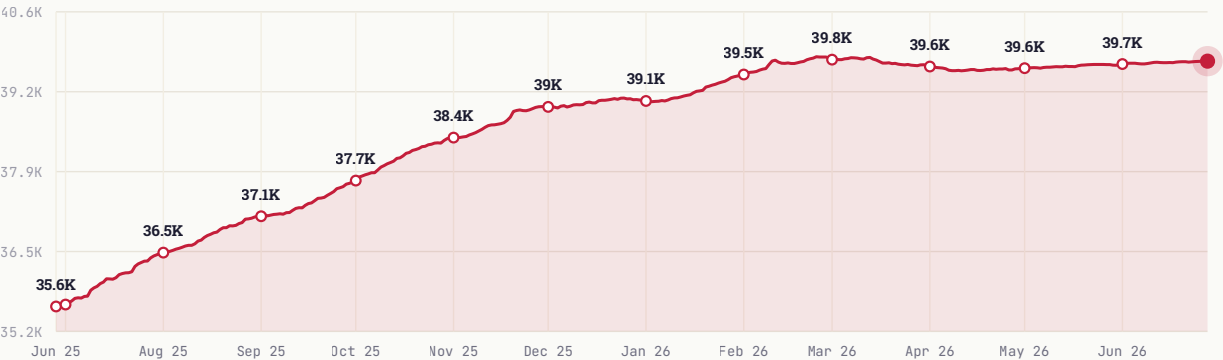
WORST 3

↓ 20.06 • 05:36 PHOTO Here's a family set What's most relevant for you now? ☒ pelmeni ☒ tequila ♥ antidepressants 😊 other	VIEWS 8 953 REPOSTS 98 REACTIONS 589 ER 22.5%
↓ 22.06 • 13:51 TEXT Burning out on maternity leave? ☒During consultation a question came up: can you experience...	VIEWS 7 134 REPOSTS 30 REACTIONS 194 ER 18.0%
↓ 24.06 • 10:26 PHOTO Dizziness and psyche: PPPD and beyond ☒ Colleagues, we invite you to an online seminar on dizziness ☒ We'll discuss the role of disorders...	VIEWS 5 127 REPOSTS 31 REACTIONS 54 ER 12.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

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

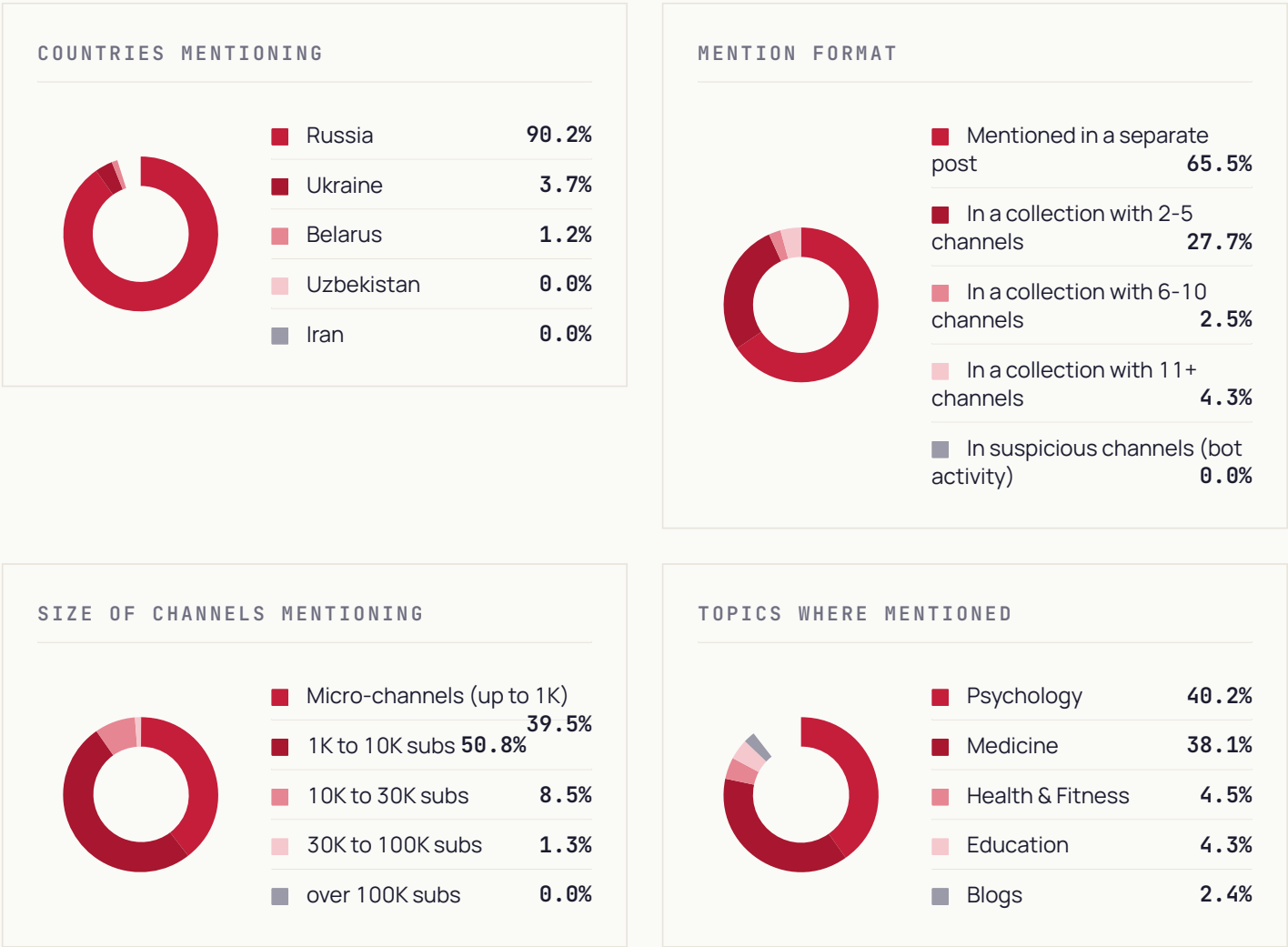


PERIOD START	NOW	NET GROWTH
35 581	39 732	+4 151

SECTION 04 · MENTIONS

Who mentions the channel and how

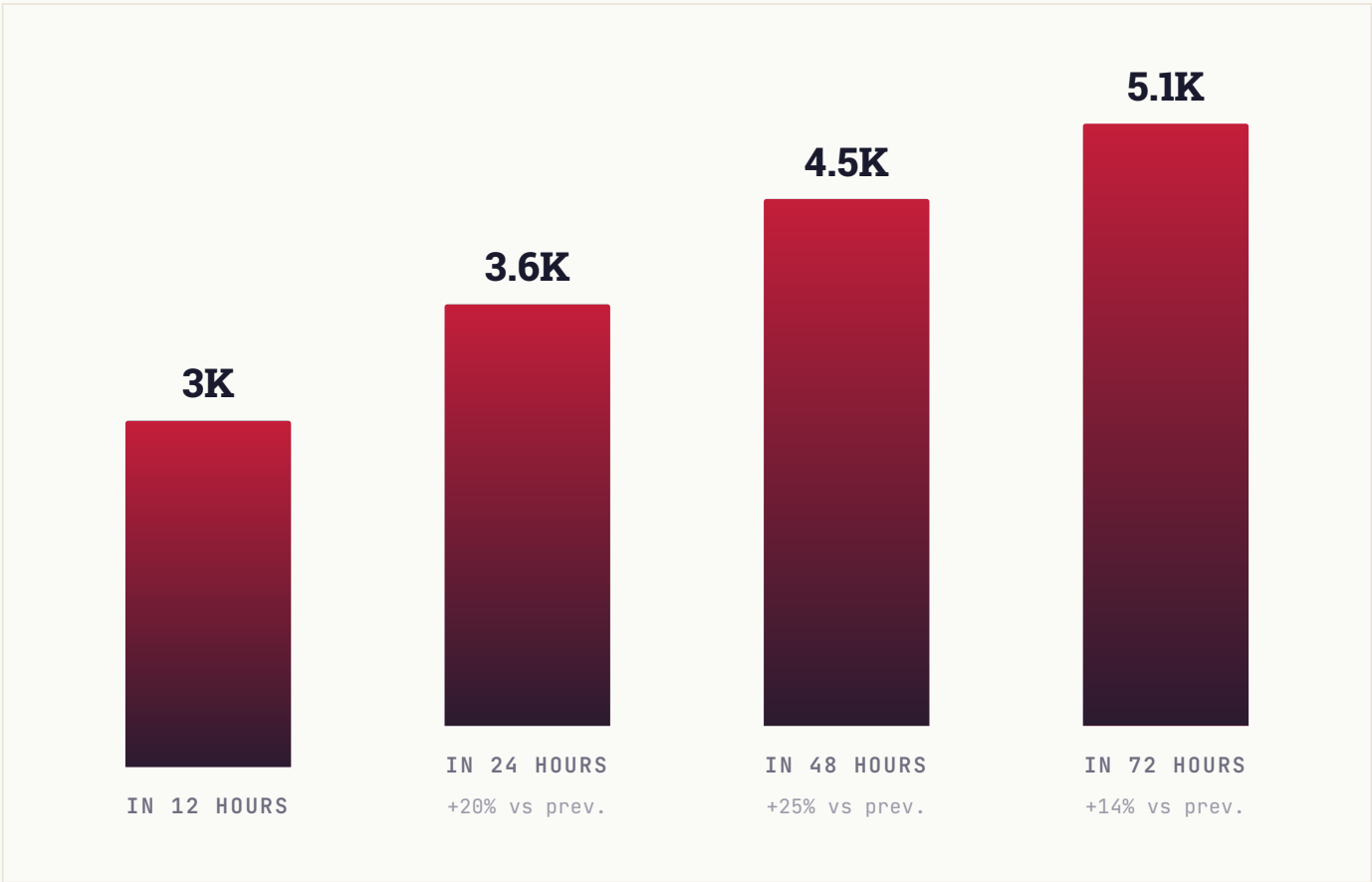
Citation index **51** — channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **319** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over 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. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
BI Blog from the morgue	358.5K
EM Endocrinologist Magerya	293.7K
EP EXPERIENCED PHARMACIST	266.7K
MM Moscow Medicine	240.6K
ZH ZdravKontrol	223.5K
KD Dr. Shishonin's channel	215.2K
AT Anatomical theater	201.3K
MR Mikerina. Childbirth? Call a midwife!	192.5K
DM DOCTOR MYASNIKOV	182.7K
ZS Notes of a Forensic Expert	171.4K
PP Psychotherapist Pribytkov YOU	39.7K

COMPARATIVE CONCLUSION

Channel inbottom half of top-100 niche (#100 of 96). Niche median — 70.8K subs. First growth KPI — reach the median. Leader: Blog from the morgue (358.5K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we record posts in other channels that mention yours. Over the last **6 months** such mentions were **154**, they brought **3 662** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	23	17	225
November 2025	24	14	558
October 2025	23	17	742
September 2025	29	24	617
August 2025	31	14	624
July 2025	24	20	896

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
154	6	3 662

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

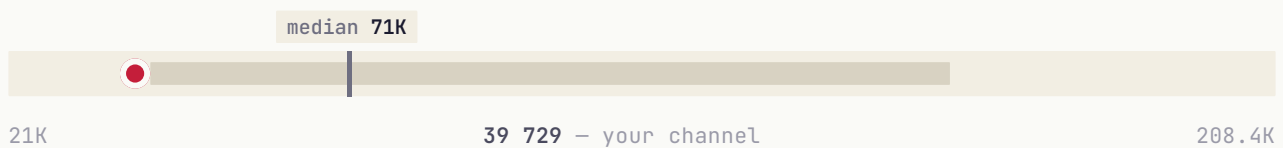
Took top-100 channels in category "Medicine» (Russia) and saw how your channel compares. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#100 /100

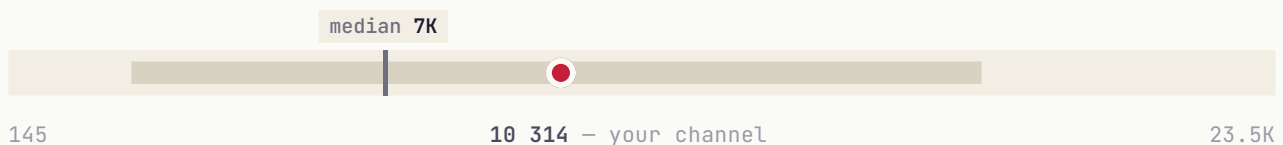
POSITION IN NICHE

Channel in the lower half of the ranking

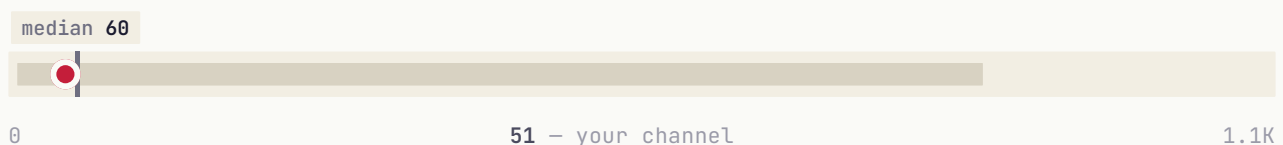
SUBSCRIBERS

worse than median by 44%

AVG REACH / POST

better than 61% of niche

CITATION INDEX

worse than median by 15%

— 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 | Increase posting frequency
Now 3.4 posts/wk. Active channels avg 7-10.
Consistency is key to audience retention. | EFFECT
Consistency > volume |
| 02 | Main post of the week — on Thursday
Audience is most active on this day at 18:00 MSK. | EFFECT
Best time for an important post |
| 03 | Increase video posts share
Video in Telegram retains audience longer and is favored by the algorithm. Aim for 15-25% share. | EFFECT
Video retains audience better |
| 04 | 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 |
| 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 — what we can do in minutes using public data. Want to go further? Run ads through us and hit your growth target in a month.

01 **Launch ads in
Telegram**

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

02 **Contact manager**

t.me/PromptPress_manager
