

PUBLIC REPORT BY PROMTPRESS

# Channel audit

## Sebyakina • Gynecologist



@sebgyn

In-person at Medsi Khimki & online • Pregnancy planner: [https://taplink.cc/planer\\_for\\_pregnant](https://taplink.cc/planer_for_pregnant) • Banned network in Russia: dr.sebyakina • Contact: @Folium RKN 7648757777

SUBS

**41 848**

9 posts 22 days

ERR (% WHO SEE  
POSTS)

**2.0%**

per day **0.0%**

REACH/POST

**711**

ad reach **0/24h**

— CONTENTS · 2026

# What's inside the report

**01**      **Channel snapshot**

12 key metrics · AI summary

**02**      **Content analysis**

Top 5 posts · worst 3 · insights

**03**      **Citation rate**

Who mentions the channel and how

**04**      **Competitors**

Niche neighbors · your rank

**05**      **Niche comparison**

Position in 'Medicine' category

**06**      **Strategy**

5 priority actions

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.

|                                                                                                                                                      |                                                                                                                                                                                  |                                                                                                                                                                  |                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> SUBS</div> <div>41 848</div> <div>—</div>                     | <div> SUBSCRIBER REACH</div> <div>1.7%</div> <div>avg % of subs see post</div>                  | <div> VIEWS/POST</div> <div>711</div> <div>median 541 · 22 days</div>           | <div> POSTS/WEEK</div> <div>2.8</div> <div>over the period</div> |
| <div> 7D TREND</div> <div>—</div> <div>no data for the period</div> | <div> REACTIONS/POST</div> <div>8.7</div> <div>only 78 reactions, 136 reposts, 3 comments</div> | <div> POST LENGTH</div> <div>663 chars</div> <div>median 784 · 22 days</div>    | <div> POSTS ANALYZED</div> <div>9</div> <div>22 days</div>       |
| <div> AD REACH</div> <div>0</div> <div>24h average</div>          | <div> CITATION RATE</div> <div>0</div> <div>citation index · 13 channels mentioned ever</div> | <div> CHANNEL AGE</div> <div>1 yr 18 days</div> <div>created 18.06.2025</div> |                                                                                                                                                     |

AI EDITOR SUMMARY

Channel «Sebyakina • Gynecologist» — 41 848 subs. Each post averages 711 people (2% subs), reach is low — need to grow audience. Publishes 3 posts per week (~0 per day) — rare publications.

SECTION 02 · CONTENT ANALYSIS

# What works best

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

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 9 posts over 22 days.
- 02 Dominant format — Text (5/9 posts).
- 03 Avg post length — 663 characters (median 784).
- 04 Peak audience activity — Sunday, 01:00 MSK.
- 05 Top posts get 5x more views than the weakest (1.3K avg for top vs 276 for worst) — among 9 posts over 22 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

**Nº1** 28.06 · 22:08 TEXT  
(post without caption — text)

|         |           |
|---------|-----------|
| VIEWS   | REACTIONS |
| 2 493   | 23        |
| REPOSTS | ER        |
| 115     | 6.0%      |

**Nº2** 13.06 · 14:32 VIDEO  
Pregnancy is when a million questions pop into your head.  
\*When to take tests? \*Is this normal or...

|         |           |
|---------|-----------|
| VIEWS   | REACTIONS |
| 797     | 14        |
| REPOSTS | ER        |
| 6       | 1.9%      |

**Nº3** 05.07 · 13:44 PHOTO  
Headache action plan \*Drink water and remember when you last ate Headaches often worsen on an empty stomach...

|         |           |
|---------|-----------|
| VIEWS   | REACTIONS |
| 688     | 4         |
| REPOSTS | ER        |
| 2       | 1.6%      |

|                                                                                                                                                                                                           |                                                                 |                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| <div><div>Nº4</div><div>24.06 · 13:04</div><div>PHOTO</div></div> <div>More info on intimate hygiene in the guide</div>                                                                                   | <div>VIEWS</div> <div>595</div> <div>REPOSTS</div> <div>3</div> | <div>REACTIONS</div> <div>2</div> <div>ER</div> <div>1.4%</div> |
| <div><div>Nº5</div><div>05.07 · 13:43</div><div>TEXT</div></div> <div>What you can do without pills: headache during pregnancy In my last post I talked about which medications can be used when...</div> | <div>VIEWS</div> <div>541</div> <div>REPOSTS</div> <div>2</div> | <div>REACTIONS</div> <div>—</div> <div>ER</div> <div>1.3%</div> |

|

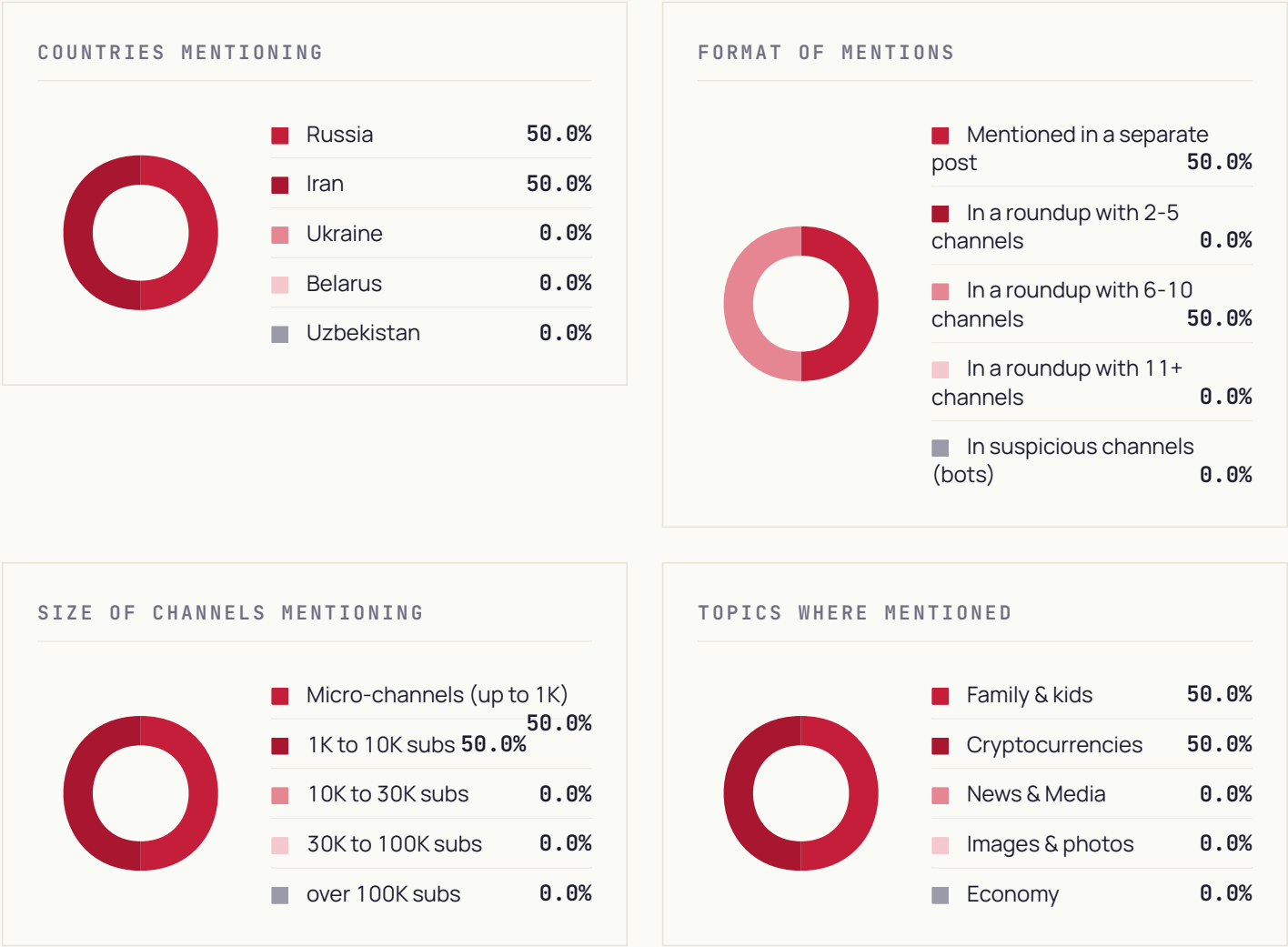
WORST 3

|                                                                                                                                                                                                                                                                                                    |                                                                 |                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------|
| <div><div>↓</div><div>29.06 · 05:00</div><div>TEXT</div></div> <div> Attaching mini-guide «Normal or See a Doctor?» For those times when you wonder: Is this a reason to see a gynecologist or am I just...</div> | <div>VIEWS</div> <div>384</div> <div>REPOSTS</div> <div>7</div> | <div>REACTIONS</div> <div>6</div> <div>ER</div> <div>0.9%</div>  |
| <div><div>↓</div><div>06.07 · 07:03</div><div>TEXT</div></div> <div>(post without caption — text)</div>                                                                                                                                                                                            | <div>VIEWS</div> <div>318</div> <div>REPOSTS</div> <div>1</div> | <div>REACTIONS</div> <div>13</div> <div>ER</div> <div>0.8%</div> |
| <div><div>↓</div><div>06.07 · 08:47</div><div>VIDEO</div></div> <div>(post without caption — video)</div>                                                                                                                                                                                          | <div>VIEWS</div> <div>128</div> <div>REPOSTS</div> <div>—</div> | <div>REACTIONS</div> <div>7</div> <div>ER</div> <div>0.3%</div>  |

SECTION 03 · CITATIONS

# Who mentions the channel and how

Citation index 0 – 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 1K. All-time channel mentions: 13 different channels.



SECTION 04 · COMPETITORS

# Who you compete with

11 nearest channels by topic and audience. We highlighted your channel — you can see its place among niche neighbors.

| CHANNEL                                    | SUBS   |
|--------------------------------------------|--------|
| BI Blog from the morgue                    | 356.4K |
| EM Endocrinologist Magerya                 | 293.2K |
| OF EXPERIENCED PHARMACIST                  | 265.8K |
| MM Moscow medicine                         | 240.6K |
| ZD ZdravKontrol                            | 223.1K |
| KD Dr. Shishonin's channel                 | 214.8K |
| AT Anatomical Theater                      | 200.8K |
| MR Mikerina. Childbirth? Call the midwife! | 192K   |
| DM DOCTOR MYASNIKOV                        | 182.3K |
| ZS Forensic expert notes                   | 171.1K |
| S• Sebyakina · Gynecologist YOU            | 41.8K  |

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#91 of 96). Niche median: 68.7K subs.  
First growth KPI: reach median. Leader: Blog from the morgue (356.4K).

## — SECTION 05 · NICHE COMPARISON

# Where the channel ranks in its league

Took top 100 channels in category "Medicine» (Russia) and compared your channel. Gray band: range where 80% of niche channels fall (p10 to p90). Black vertical: median. Red dot: your channel.

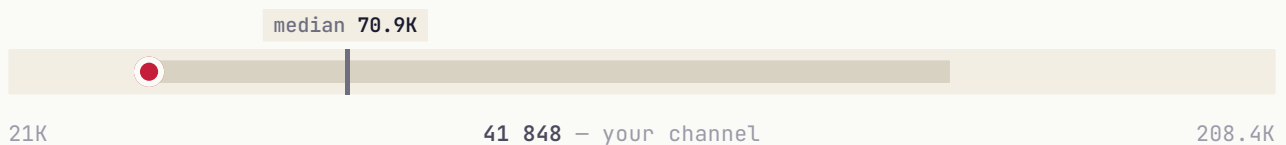
#91/100

POSITION IN NICHE

Channel in the bottom half of the ranking

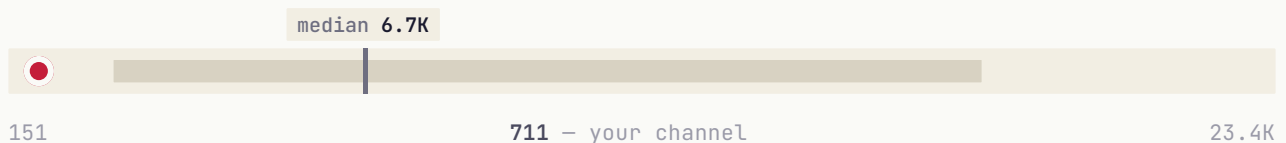
SUBS

41% below median



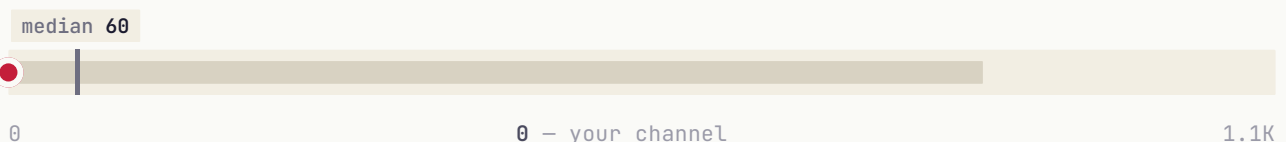
AVG REACH / POST

89% below median



CITATION INDEX

99% worse than median



## — SECTION 06 · 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**

Currently 2.8 posts/week. Active channels average 7-10. Consistency is key to retention.

EFFECT

**Consistency  
beats volume****02****Main post of the week – Sunday**

Audience most active on this day at 01:00 MSK.

EFFECT

**Best window  
for an  
important post****03****ER below niche benchmark – rethink formats**

Current ER 1.7% vs benchmark 5.5%. Try polls and interactive formats.

EFFECT

**+3.8pp ER****04****Systematic traffic buying**

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

EFFECT

**+1K-3K subs****05****Test polls and interactive formats**

Posts with polls/reactions usually boost ER by 5-15%.  
One poll per week on a hot topic is an easy win.

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. If you want to go further, run ads through us and hit your growth goal in a month.

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|    |                               |                                                                                             |
|----|-------------------------------|---------------------------------------------------------------------------------------------|
| 01 | <b>Launch ads in Telegram</b> | <a href="https://panel.promptpress.com/register">https://panel.promptpress.com/register</a> |
|----|-------------------------------|---------------------------------------------------------------------------------------------|

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|    |                        |                                                                         |
|----|------------------------|-------------------------------------------------------------------------|
| 02 | <b>Contact manager</b> | <a href="https://t.me/PromptPress_manager">t.me/PromptPress_manager</a> |
|----|------------------------|-------------------------------------------------------------------------|

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