

— PROMTPRESS PUBLIC REPORT

Channel audit

CONTENT FOR PSYCHOLOGIST | POSTS, STORIES, REELS



@storis_psy

Ready-made content for psychologists that brings leads without burnout — for those with 'no ideas or time' Contact @targetochka
Resource included in the Roskomnadzor list...

SUBSCRIBERS

11 017

ERR (% SEE POSTS)

5.0%

REACH/POST

504

-56 per month

last 24 hrs 2.5%

ad reach 271/24h

— CONTENTS · 2026

What's inside the report

01 Channel snapshot

12 key metrics · AI summary

02 Content analysis

Top 5 posts · worst 3 · takeaways

03 Subscriber dynamics

Yearly chart · growth

04 Citation rate

Who mentions the channel and how

05 Ad potential

How long a post generates reach

06 Competitors

Niche neighbors · your spot

07 Mention dynamics

6 months · monthly

08 Niche comparison

Rank in «Instagram» category

09 Strategy

5 priority actions

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 11 017 —	 SUBS REACH 4.57% avg % subs see post	 VIEWS/POST 504 median 489 · 26 days	 POSTS/WEEK 12.3 for period
 7D TREND -36.7% vs previous week	 REACTIONS/POST 6.1 total 286 reactions, 190 reposts, 52 comments	 POST LENGTH 619 chars median 912 · 26 days	 POSTS ANALYZED 47 26 days
 AD REACH 271 24h avg	 CHURN / MONTH -56 last month	 CITATION RATE 220 citation index · 388 channels mentioned all time	 CHANNEL AGE 4 years 7 months created 13.12.2021

AI EDITOR SUMMARY

Channel «CONTENT FOR PSYCHOLOGIST | POSTS, STORIES, REELS» – 11 017 subs. Avg views per post: 504 people (5% of subs), low reach – need to grow audience. Publishes 12 posts/week (~2/day) – consistent. Week Jun 29 – Jul 5 reach dropped -36.7% to week Jun 22–28 – worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 47 posts over 26 days.
- 02 Dominant format — Text (31/47 posts).
- 03 Avg post length — 619 chars (median 912).
- 04 Peak audience activity — Tuesday, 11:00 MSK.
- 05 Top posts get 2× more views than the weakest (765 avg for top vs 321 for worst) — among 47 posts in 26 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 23.06 · 08:26 TEXT REEL PACKAGES	VIEWS 784 REPOSTS —	REACTIONS — ER 7.1%
Nº2 23.06 · 08:09 PHOTO You can make it more lively and emotional so readers find you the one they want to listen to. Yesterday I managed to cry. A whole...	VIEWS 774 REPOSTS 2	REACTIONS 2 ER 7.0%
Nº3 26.06 · 07:44 TEXT 📢 FRIDAY 📢 Every Friday in the channel: #content_ready #content_for_psychologist Comment what you'd like to discuss, and I'll...	VIEWS 738 REPOSTS —	REACTIONS 4 ER 6.7%

Nº4

16.06 • 09:47

PHOTO

If you're still thinking 'why do I need this package, I can just ask the neural network myself' – let me explain why you need it. I tried it: you sit down with one...

VIEWS

714

REPOSTS

1

REACTIONS

9

ER

6.5%

Nº5

21.06 • 06:48

TEXT

Reels script for the viral mom letter: Most sided with mom. I, no #content_turnkey #content_for_psychologist Now everyone...

VIEWS

707

REPOSTS

11

REACTIONS

15

ER

6.4%

WORST 3

↓ 10.07 • 09:45 TEXT

Stories script: Selfishness or self-love #content_turnkey #content_for_psychologist 1. Your photo or selfie video where you tell how...

VIEWS

355

REPOSTS

22

REACTIONS

15

ER

3.2%

↓ 10.07 • 07:28 TEXT

🚩 FRIDAY 🚩 Every Friday in the channel: #content_ready #content_for_psychologist Comment what you'd like to discuss, and I'll...

VIEWS

306

REPOSTS

—

REACTIONS

1

ER

2.8%

↓ 10.07 • 09:28 TEXT

I really liked the topic "self-love or selfishness" But I prepared 2 reel versions for this topic, because we're all different and...

VIEWS

302

REPOSTS

13

REACTIONS

15

ER

2.7%

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 gained or lost subs.

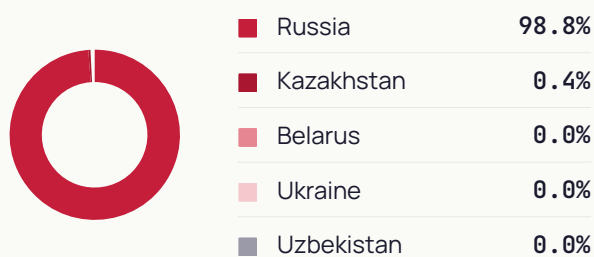


— SECTION 04 · CITATIONS

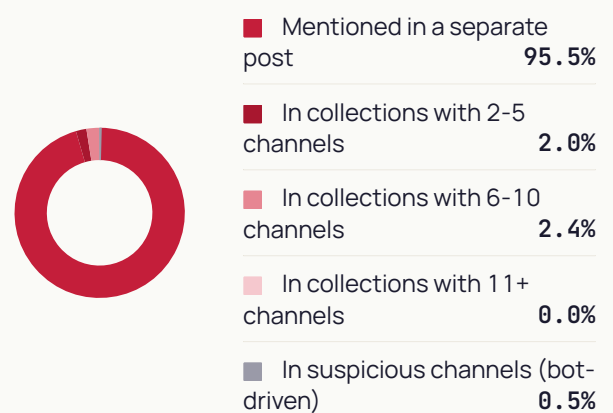
Who mentions the channel and how

Citation index **220** — channel popularity score based on mentions. Considers not just count but weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **388** different channels.

COUNTRIES MENTIONING



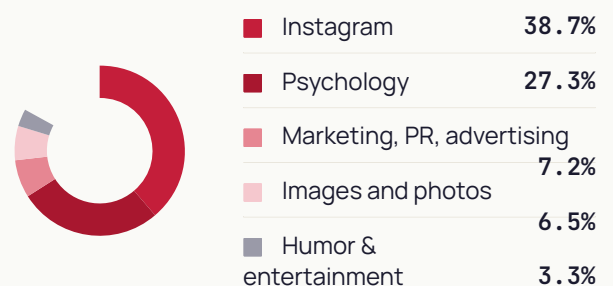
FORMAT OF MENTIONS



WHAT SIZE CHANNELS MENTION



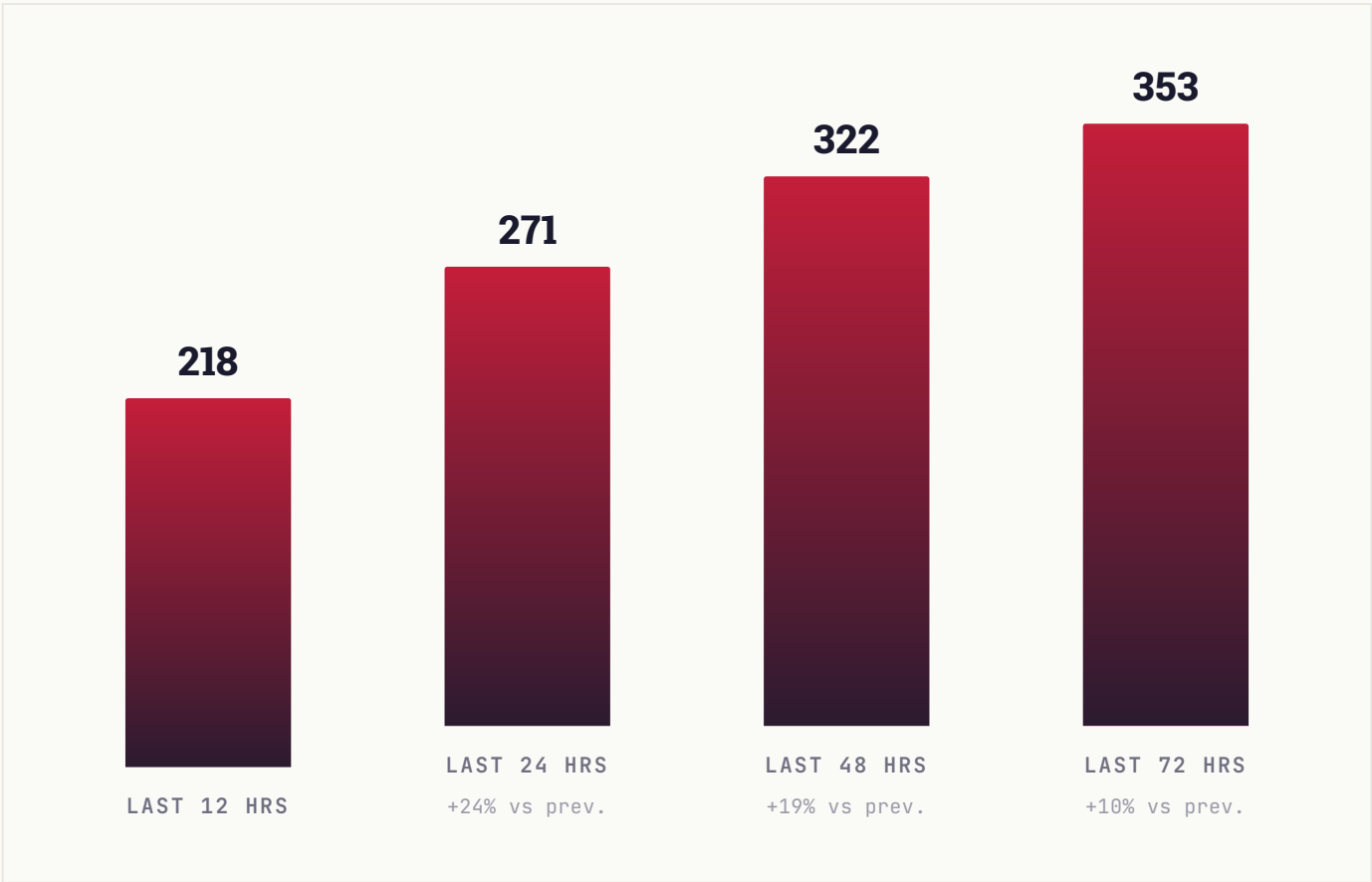
TOPICS MENTIONED IN



— SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
استوری اینستاگرام	439.7K
آهنگ موزیک جدید شاد	349.5K
ربات دانلود استوری و پست از اینستاگرام	207.3K
VD VIDEOS FOR STORIES	137.5K
ShC Cap Cut Templates Kap Kut	131.3K
P• piaceim • presets & blogging	126.3K
نسب NESA PIRUZIFARD انسا پیروزی فرد	124.2K
AA ÆAKLAB	115.2K
ShC CAPCUT TEMPLATES KAPKUT KUT	113.6K
CP PNG STICKERS FOR STORIES	110.6K
KD CONTENT FOR PSYCHOLOGIST POSTS, STORIES, REELS	YOU 11K

COMPARATIVE CONCLUSION

Channel not yet outside top 99 of niche — early growth stage. Niche leader — استوری اینستاگرام (439.7K), top-99 median: 32.8K. First goal: enter top-99 via systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we track posts in other channels that mention yours. Over the last **6 months** such mentions: **106**, they brought **1 009** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	6	6	68
December 2025	3	3	85
Nov 2025	34	26	251
Oct 2025	26	21	213
Sep 2025	13	11	112
August 2025	24	19	280

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
106	6	1 009

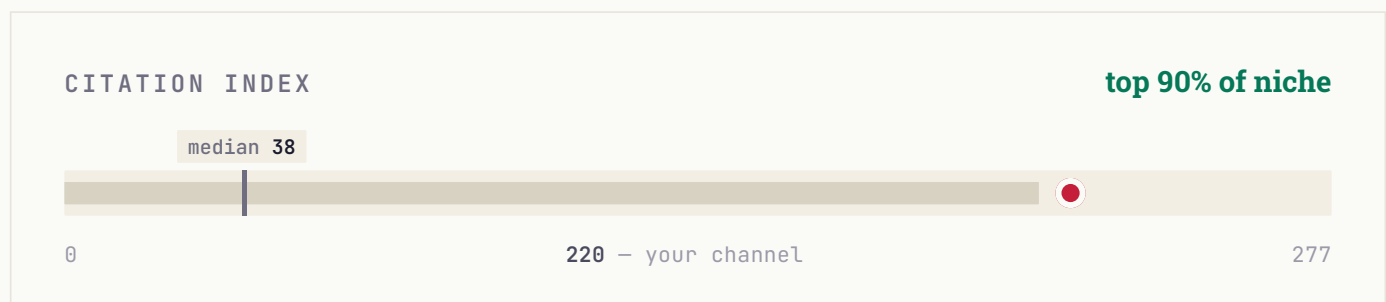
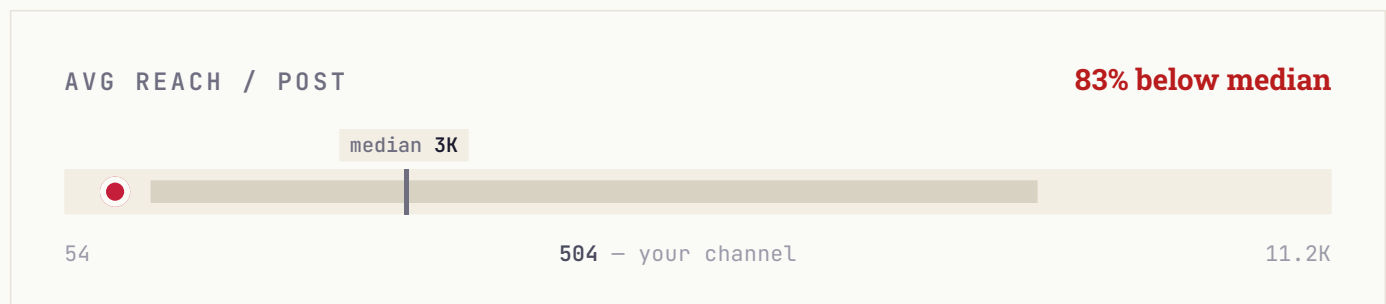
Where the channel stands in its league

SUBSCRIBERS 67% below median

median 33.4K

9.6K 11 017 — your channel 133.3K

Metric	Value
Current Subscribers	11,017
Median	33.4K
Range (Min-Max)	9.6K - 133.3K



— 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

Top post of the week — on Tuesday

Audience is most active on this day at 11:00 MSK.

EFFECT

**Best window
for an
important post**

02

Increase share of video posts

Video in Telegram retains audience longer and is favored by the algorithm. Aim for 15-25% share.

EFFECT

**Video retains
audience
better**

03

ER below niche benchmark — rethink formats

Current ER 4.57% vs norm 5.5%. Try polls & interactive formats.

EFFECT

+0.9pp ER

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 typically boost ER +5-15%.
One weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER

★ 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 hit your growth plan in a month.

01

**Launch ads in
Telegram**

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

02

Contact manager

t.me/PromptPress_manager