

PUBLIC REPORT BY PROMTPRESS

Channel audit

typical anorexic

2015



@tipichnayaanorexiaa

mama ana will teach you to be a butterfly collab/ads:
 @ManagerSSSbuy | @ilovellarixx (chat inquiries ONLY -
 @ilovellarixx) Boost: <https://t.me/boost/tipichnayaanorexiaa> Chat:...

SUBSCRIBERS

82 248

+7720 per month

ERR (% SEE POSTS)

20.0%

last day **12.3%**

REACH/POST

16.1K

ad reach **10.1K/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 shows the period it covers.

 SUBSCRIBERS 82 248 —	 SUBS REACH 19.55% avg % subs see post	 VIEWS/POST 16.1K median 16.3K · 29 days	 POSTS/DAY 8.3 ~58 per week
 7D TREND -5.6% vs previous week	 REACTIONS/POST 1038.5 total 259,619 reactions, 19,940 reposts, 49,314 comments	 POST LENGTH 287 chars median 167 · 29 days	 POSTS ANALYZED 250 29 days
 AD REACH 10.1K 24h avg	 CHURN / MONTH +7720 last month	 CITATION RATE 69 citation index · 173 channels mentioned ever	 CHANNEL AGE 2 years 11 days created 24.06.2024

AI EDITOR SUMMARY

Channel «typical anorexic 2015» — 82 248 subs. Each post averages 16.1K people (20% of subs), average reach — room to grow. Publishes 58 posts per week (~8/day) — active posting. Week 22–28 Jun reach dropped -5.6% to week 15–21 Jun — worth analyzing reasons.

What works best

WHAT TOP POSTS HAVE IN COMMON

- ## TOP 5 POSTS

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Nº4 07.06 • 09:55 PHOTO   Only the dumbest   animal would judge   our choice, our vision of beauty, and its scale number...	VIEWS 22 373 REACTIONS 949 REPOSTS 73 ER 27.2%
Nº5 07.06 • 09:11 TEXT   whoever makes videos about TA and they blow up on TikTok with 200k+ views - I'll gift you free promo in all my channels   write to...	VIEWS 22 369 REACTIONS 557 REPOSTS 13 ER 27.2%

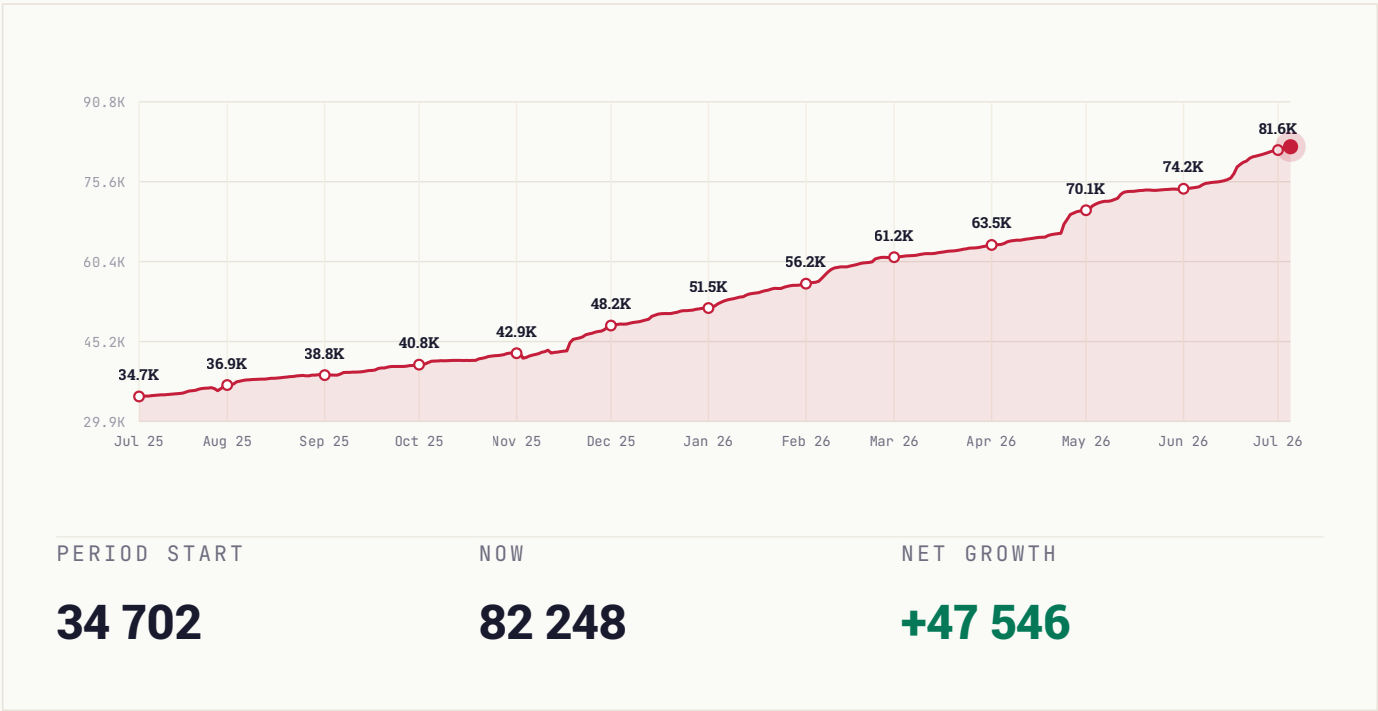
WORST 3

↓ 01.07 • 15:01 PHOTO    Drop your phone,    better go take a walk. Fresh air is very healthy, plus you can burn calories. Pleasant and useful...	VIEWS 13 148 REACTIONS 817 REPOSTS 32 ER 16.0%
↓ 02.07 • 11:24 TEXT Suggest your own if these don't work — that's why we created the channel	VIEWS 12 810 REACTIONS 616 REPOSTS 4 ER 15.6%
↓ 02.07 • 11:29 PHOTO what if +-	VIEWS 12 762 REACTIONS 1 797 REPOSTS 111 ER 15.5%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

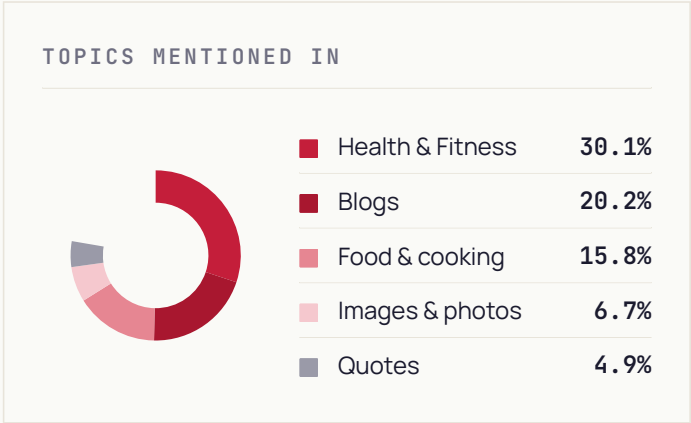
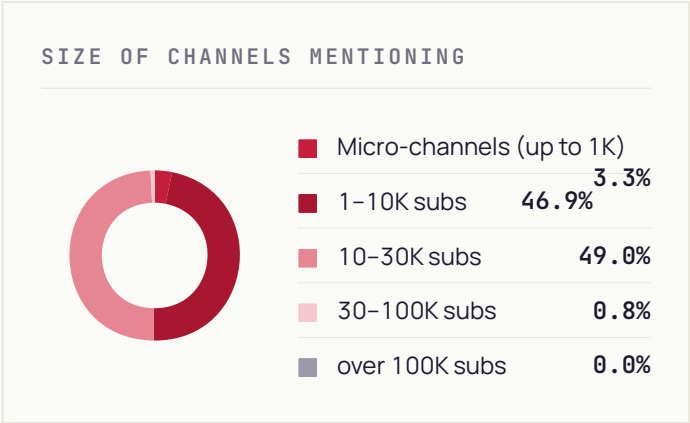
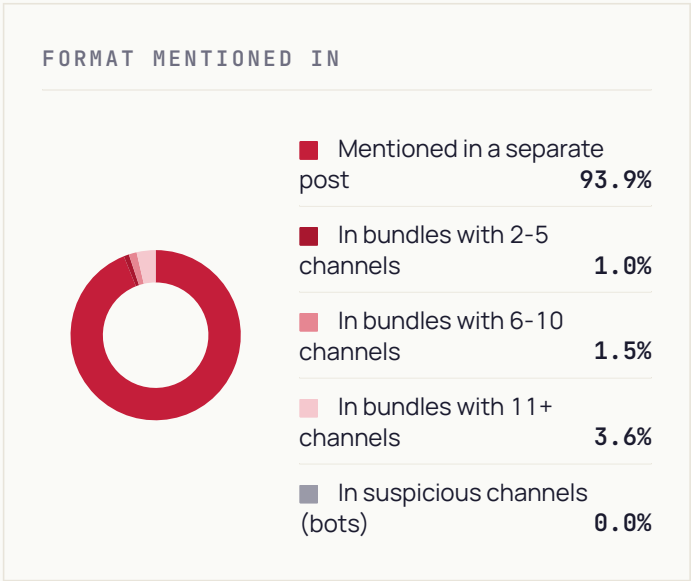
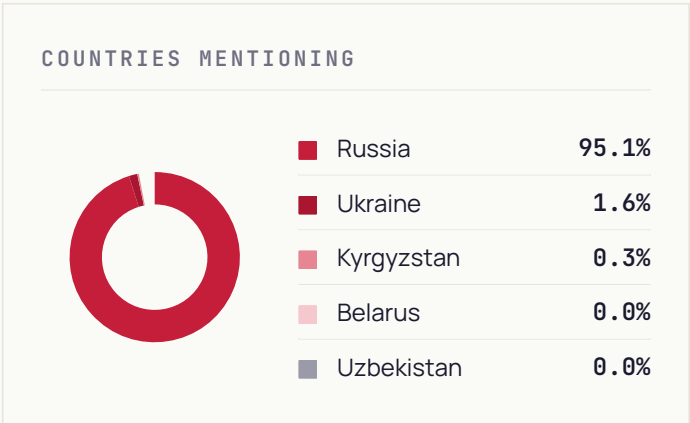
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · MENTIONS

Who & how mentions the channel

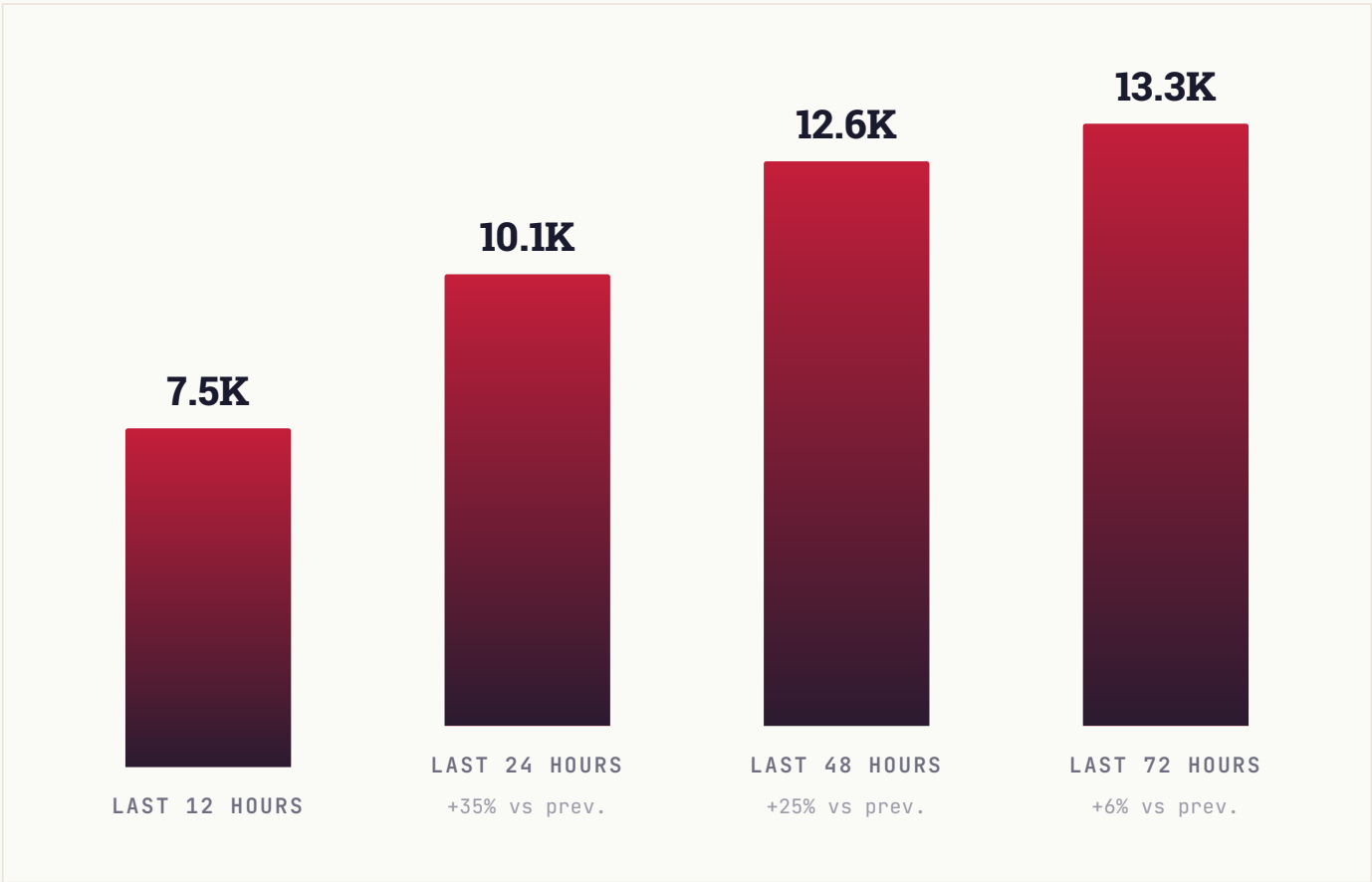
Citation index **69** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel 'weighs' more than from a 1K one. All-time channel mentions: **173** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 nearest channels by topic and audience. Your channel is highlighted — you can see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
KZ Test Purchase	768.4K
BI Biohackers	583.1K
BI Biohacking	533.5K
SL Sport Life	525.1K
VN Eternity in Tibet	494.1K
NT Our body	481.6K
AU Ales Ulishchenko Osteopath, PhD Author of faceplastics	477.8K
BZ Stay healthy	448.2K
ZE Healthy food	417.5K
DZ Doctor Zubareva / Doctor Zubareva	413.8K
TA typical anorexic 2015 YOU	82.2K

COMPARATIVE INSIGHT

Channel is still outside top 97 of niche — early growth stage. Niche leader — Test Purchase (768.4K), median top-97: 152.8K. 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 yours. Over the last **6 months** such mentions were **128**, they brought **21 421** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
January 2026	9	9	4 576
December 2025	28	20	3 572
Nov 2025	10	6	6 637
Oct 2025	33	20	2 384
September 2025	25	15	1 967
August 2025	23	16	2 285

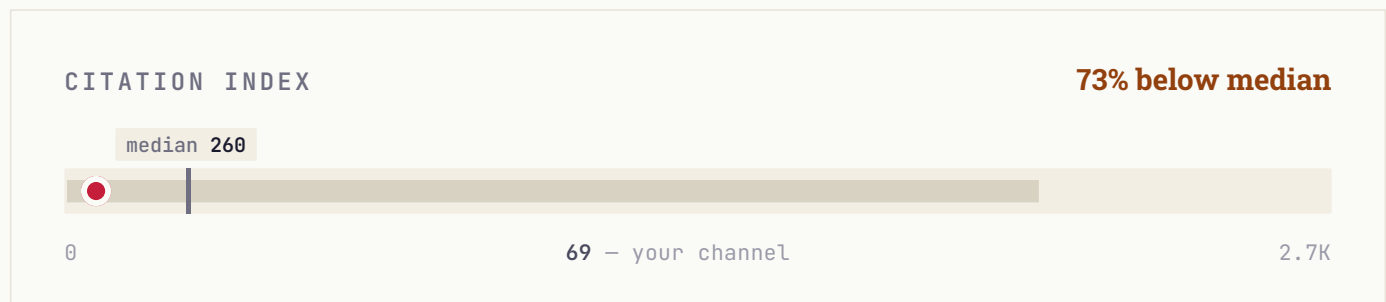
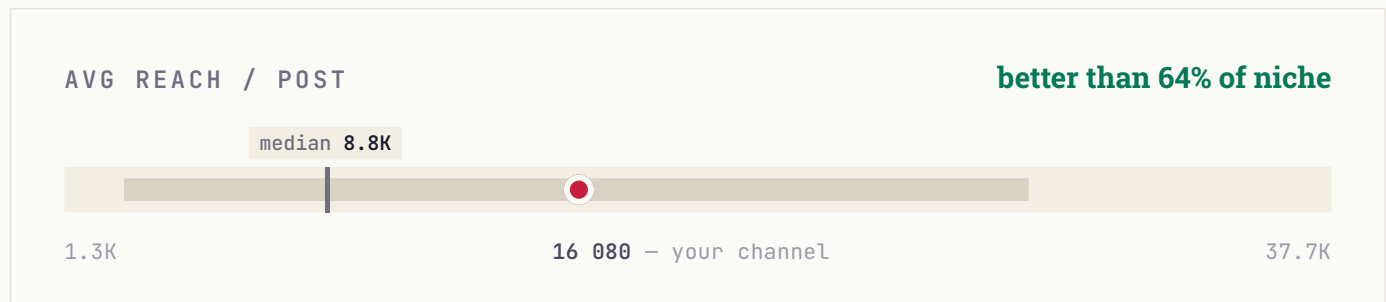
TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBS
128	6	21 421

Where the channel stands in its league

SUBSCRIBERS 47% below median

A horizontal bar chart comparing the channel's subscriber count to the median. The median is 154.1K, represented by a vertical line. The channel's count is 82,248, marked by a red dot. The bar is divided into two segments: a darker grey segment from 43.6K to 82,248, and a lighter grey segment from 82,248 to 154.1K. The total range shown is from 43.6K to 486.5K.

Metric	Value
Median	154.1K
Channel Count	82,248
Channel Count (K)	43.6K
Channel Count (Label)	82 248 — your channel
Range End (K)	486.5K



— 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

Main post of the week — on Friday

Audience is most active on this day at 14:00 MSK.

EFFECT

**Best window
for important
post**

02

Increase video post share

Video in Telegram holds audience longer and is better perceived by the algorithm. We recommend reaching 15-25% share.

EFFECT

**Video retains
audience
better**

03

Systematic traffic buying

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

EFFECT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions usually boost ER by 5-15%. One weekly poll on a 'hot' topic is an easy growth lever.

EFFECT

+5-15% ER

05

Cross-promo with neighbor channels

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes using public data.
Want to go further — run ads through 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
