








# Website Analysis: psychotraumatolog.net

Generated on July 26 2024 00:27 AM





The score is 58/100







## SEO Content

	<b>Title</b>	<p>Psychotraumatologia - Psychotraumatolog Warszawa</p> <p>Length : 48</p> <p>Perfect, your title contains between 10 and 70 characters.</p>														
	<b>Description</b>	<p>Psychotraumatologia - odwiedź jeśli szukasz informacji na temat psychotraumatologii lub szukasz psychotraumatologa w Warszawie.</p> <p>Length : 127</p> <p>Great, your meta description contains between 70 and 160 characters.</p>														
	<b>Keywords</b>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>														
	<b>Og Meta Properties</b>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 1877"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>pl_PL</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Psychotraumatologia - Psychotraumatolog Warszawa</td> </tr> <tr> <td>description</td> <td>Psychotraumatologia - odwiedź jeśli szukasz informacji na temat psychotraumatologii lub szukasz psychotraumatologa w Warszawie.</td> </tr> <tr> <td>url</td> <td>https://psychotraumatolog.net/</td> </tr> <tr> <td>site_name</td> <td>Psychotraumatolog Warszawa</td> </tr> </tbody> </table>	Property	Content	locale	pl_PL	type	website	title	Psychotraumatologia - Psychotraumatolog Warszawa	description	Psychotraumatologia - odwiedź jeśli szukasz informacji na temat psychotraumatologii lub szukasz psychotraumatologa w Warszawie.	url	https://psychotraumatolog.net/	site_name	Psychotraumatolog Warszawa
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	<b>Headings</b>	<table border="1" data-bbox="539 1906 1481 1973"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 2007 1034 2074" style="list-style-type: none"> <li>• [H1] Psychotraumatologia</li> <li>• [H2] Ostatnie wpisy na blogu</li> </ul>	H1	H2	H3	H4	H5	H6	1	2	0	0	0	0		
H1	H2	H3	H4	H5	H6											
1	2	0	0	0	0											

## SEO Content

		<ul style="list-style-type: none"> <li>[H2] Polecane strony</li> </ul>
	Images	<p>We found 1 images on this web page.</p> <p>Good, most or all of your images have alt attributes</p>
	Text/HTML Ratio	<p>Ratio : 4%</p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 20 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 25%</p> <p>Internal Links 75%</p>

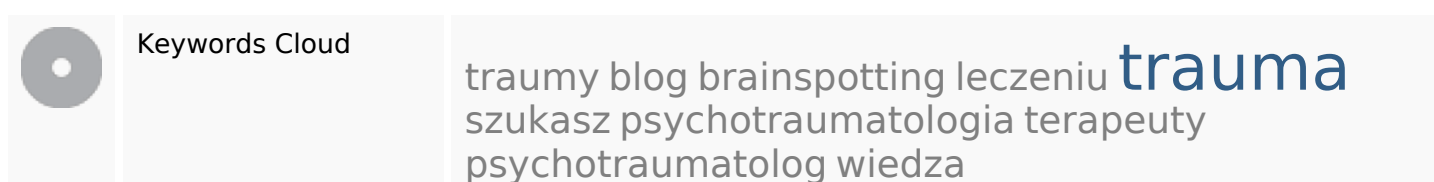
## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Psychotraumatologia</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">Trauma - książki</a>	Internal	Passing Juice

## In-page links

<a href="#">COVID a trauma</a>	Internal	Passing Juice
<a href="#">Trauma - linki</a>	Internal	Passing Juice
<a href="#">Czym się zajmuje psychotraumatolog?</a>	Internal	Passing Juice
<a href="#">Trauma - wiedza</a>	Internal	Passing Juice
<a href="#">Brainspotting w leczeniu traumy</a>	Internal	Passing Juice
<a href="#">Szukasz terapeuty?</a>	Internal	Passing Juice
<a href="#">Integralna Psychologia Somatyczna</a>	Internal	Passing Juice
<a href="#">Terapia NARM</a>	Internal	Passing Juice
<a href="#">PTSD a cPTSD</a>	Internal	Passing Juice
<a href="#">cPTSD</a>	Internal	Passing Juice
<a href="#">Ćwiczenia TRE</a>	Internal	Passing Juice
<a href="#">Polskie Towarzystwo Psychotraumatologii</a>	External	Passing Juice
<a href="#">Wydawnictwo Czarna Owca</a>	External	Passing Juice
<a href="#">Instytut Terapii Psychosomatycznej</a>	External	Passing Juice
<a href="#">Psychoterapeuta Warszawa</a>	External	Passing Juice
<a href="#">Optima Themes</a>	External	Passing Juice

## SEO Keywords








## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
trauma	8	✓	✗	✓	✓
psychotraumatologia	2	✓	✗	✓	✓
wiedza	2	✗	✗	✗	✗







## Keywords Consistency

blog	2	✘	✘	✘	✔
terapeuty	2	✘	✘	✘	✘


## Usability

	Url	Domain : psychotraumatolog.net Length : 21
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is pl.
	Dublin Core	This page does not take advantage of Dublin Core.

## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 3 Warnings : 24
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li>✔ Excellent, your website doesn't use nested tables.</li><li>✘ Too bad, your website is using inline styles.</li><li>✘ Too bad, your website has too many CSS files (more than 4).</li><li>✘ Too bad, your website has too many JS files (more than 6).</li></ul>




## Document

 Too bad, your website does not take advantage of gzip.

## Mobile



### Mobile Optimization

-  Apple Icon
-  Meta Viewport Tag
-  Flash content

## Optimization



### XML Sitemap

Great, your website has an XML sitemap.

<http://psychotraumatolog.net/sitemap.xml>

[http://psychotraumatolog.net/sitemap\\_index.xml](http://psychotraumatolog.net/sitemap_index.xml)



### Robots.txt

<http://psychotraumatolog.net/robots.txt>

Great, your website has a robots.txt file.



### Analytics

Missing

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.