

Revisión web de forum.psychlinks.ca

Generado el 24 Mayo 2025 11:25 AM

La puntuación es 49/100



Contenido SEO

	Título	Psychlinks Psychology and Mental Health Support Forum Longitud : 53 Perfecto, tu título contiene entre 10 y 70 caracteres.																	
	Descripción	Psychlinks Longitud : 10 Preferiblemente tu descripción meta debe contener entre 70 y 160 caracteres (espacios incluidos). Usa esta herramienta gratuita para calcular la longitu del texto.																	
	Palabras Claves (Keywords)	Muy mal. No hemos encontrado palabras clave (meta keywords) en tu página. Usa este generador de meta tags gratuito para crear tus palabras clave.																	
	Propiedades Meta Og	Bien. Tu página usa propiedades Og (etiquetas og). <table><thead><tr><th>Propiedad</th><th>Contenido</th></tr></thead><tbody><tr><td>description</td><td>Psychlinks</td></tr><tr><td>site_name</td><td>Psychlinks Forum -- Archive Only (2004-2022)</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Psychlinks Forum -- Archive Only (2004-2022)</td></tr><tr><td>url</td><td>https://forum.psychlinks.ca/</td></tr></tbody></table>						Propiedad	Contenido	description	Psychlinks	site_name	Psychlinks Forum -- Archive Only (2004-2022)	type	website	title	Psychlinks Forum -- Archive Only (2004-2022)	url	https://forum.psychlinks.ca/
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title	Psychlinks Forum -- Archive Only (2004-2022)																		
url	https://forum.psychlinks.ca/																		
	Titulos	H1 1	H2 15	H3 68	H4 20	H5 0	H6 0	• [H1] Psychlinks Forum -- Archive Only (2004-2022) • [H2] Welcome to Psychlinks Forum • [H2] Psychology, Psychiatry, Psychotherapy, and Health • [H2] Technology, The Internet, and The Media • [H2] Anxiety Disorders											

Contenido SEO

- [H2] Mood Disorders & Grief
- [H2] Eating Disorders, Dieting, Healthy Eating, Body Image
- [H2] Anger, Aggression, Abuse
- [H2] Interpersonal Relationships
- [H2] Parenting, Children, Teens
- [H2] Other Conditions, Syndromes, and Disorders
- [H2] Schizophrenia and Autism Spectrum Disorders
- [H2] Personality Disorders
- [H2] Addictions, Compulsive Behaviors, Alcohol and Drug
- [H2] Medication Issues
- [H2] The Waiting Room
- [H3] Search
- [H3] About Psychlinks
- [H3] New Members: Introductions
- [H3] General Support & Advice
- [H3] ** CRISIS RESOURCES **
- [H3] Psychology, Psychiatry, and Mental Health
- [H3] Therapy, Therapists, and Self-Help
- [H3] Medical Conditions, Health, and Mental Health
- [H3] The COVID-19 (Coronavirus) Pandemic
- [H3] Health Care, Medicare, Disability, ODSP, SSI
- [H3] Mental Health in the Workplace and on Campus
- [H3] Attitudes, Myths, Stigma, and Raising Awareness
- [H3] Mental Health Information on the Internet
- [H3] Technology, Health, and Mental Health
- [H3] Computers, Technology, and the Internet
- [H3] Anxiety, Stress, and Worrying
- [H3] Panic Disorder
- [H3] Obsessive-Compulsive Disorder :: OCD
- [H3] Post-Traumatic Stress Disorder :: PTSD
- [H3] Shyness & Social Anxiety
- [H3] Depression, Dysthymia, Seasonal Affective Disorder
- [H3] Bipolar Disorder, Cyclothymia
- [H3] Suicide
- [H3] Grief and Bereavement
- [H3] Eating Disorders
- [H3] Body Image and Body Dysmorphic Disorder
- [H3] Dieting, Nutrition, Supplements, Weight Management
- [H3] Anger & Anger Management
- [H3] Bullying, Harassment, Interpersonal Violence
- [H3] Abuse, Domestic Violence, Child Abuse
- [H3] Surviving Abuse or Dysfunctional Families
- [H3] Relationships
- [H3] Family and Friends
- [H3] Self-Esteem, Self-Concept, Relating to Others
- [H3] Pets and Pet Therapy
- [H3] Parenting
- [H3] Pregnancy, Infertility, Newborns, Toddlers
- [H3] ADHD: Attention Deficit Hyperactivity Disorder
- [H3] Learning Disabilities
- [H3] Tourette Syndrome and Tourette Syndrome Plus
- [H3] Memory and Memory Disorders
- [H3] Sleep, Dreams, Insomnia
- [H3] Self-Injury
- [H3] Dissociative Disorders
- [H3] Other Disorders

Contenido SEO

		• [H3] Schizophrenia and Related Disorders • [H3] Autism Spectrum Disorders • [H3] Personality Disorders: Causes, Diagnosis, and Treatment • [H3] Antisocial Personality Disorder & Psychopathy • [H3] Borderline Personality Disorder • [H3] Narcissistic Personality Disorder • [H3] Substance Use and Abuse :: Addictions • [H3] Marijuana, Cannabis • [H3] Medical Marijuana and CBD • [H3] Compulsive Behaviors & Behavioral Addictions • [H3] Prescription Medications and OTC Drugs • [H3] Alternative Medicine & Therapies - Natural Remedies • [H3] Just for Fun • [H3] Just Chat • [H3] News and Current Issues • [H3] Share this page • [H3] Latest resources • [H3] Forum statistics • [H3] Connect with us • [H3] Connect with us • [H3] Online statistics • [H3] Forum statistics • [H3] What's new • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums • [H4] Sub-forums
	Imagenes	Hemos encontrado 57 imágenes en esta web. Bien, la mayoría de tus imágenes tienen atributo alt.
	Ratio Texto/HTML	Ratio : 3% El ratio entre texto y código HTML de esta página es menor que el 15 por ciento, esto significa que tu web posiblemente necesite más contenido en texto.
	Flash	Perfecto, no se ha detectado contenido Flash en la página.

Contenido SEO

		
	Iframe	Genial, no se han detectado Iframes en la página.

Enlaces SEO

	Reescritura URL	Mal. Tus enlaces parecen usar parámetros en la url (query string).
	Guiones bajos en las URLs	Hemos detectado guiones bajos en tus URLs. Deberías usar guiones en su lugar para optimizar tu SEO.
	Enlaces en página	Hemos encontrado un total de 165 enlaces incluyendo 79 enlace(s) a ficheros
	Statistics	Enlaces Externos : noFollow 0% Enlaces Externos : Pasando Jugo 1.82% Enlaces Internos 98.18%

Enlaces en página

Ancla	Tipo	Jugo
Log in	Interna	Pasando Jugo
Light-Dark Style Switcher	Interna	Pasando Jugo
alternative browser	Externo	Pasando Jugo
Welcome to Psychlinks Forum	Interna	Pasando Jugo
About Psychlinks	Interna	Pasando Jugo
Forum is Archive Only (Closed to New Posts)	Interna	Pasando Jugo
New Members: Introductions	Interna	Pasando Jugo
Not new, but newly returned.	Interna	Pasando Jugo
NicNak	Interna	Pasando Jugo
General Support & Advice	Interna	Pasando Jugo

Enlaces en página

Missing Words	Interna	Pasando Jugo
** CRISIS RESOURCES **	Interna	Pasando Jugo
Crisis Text Line (US, Canada, UK)	Interna	Pasando Jugo
Psychology, Psychiatry, Psychotherapy, and Health	Interna	Pasando Jugo
Psychology, Psychiatry, and Mental Health	Interna	Pasando Jugo
7 Things to Thrive	Interna	Pasando Jugo
Therapy, Therapists, and Self-Help	Interna	Pasando Jugo
Coping Tip of the Day	Interna	Pasando Jugo
Medical Conditions, Health, and Mental Health	Interna	Pasando Jugo
What Those With Chronic Pain and Illness Wish Others Knew	Interna	Pasando Jugo
The COVID-19 (Coronavirus) Pandemic	Interna	Pasando Jugo
What you need to know about the bivalent booster shots	Interna	Pasando Jugo
David Baxter PhD	Interna	Pasando Jugo
Health Care, Medicare, Disability, ODSP, SSI	Interna	Pasando Jugo
Mental Health in the Workplace and on Campus	Interna	Pasando Jugo
Quotes on Work, Education, Productivity	Interna	Pasando Jugo
Attitudes, Myths, Stigma, and Raising Awareness	Interna	Pasando Jugo
Harmless Comments That Actually Hurt People With Mental Illness	Interna	Pasando Jugo
JenLee81	Interna	Pasando Jugo
Technology, The Internet, and The Media	Interna	Pasando Jugo
Mental Health Information on the Internet	Interna	Pasando Jugo
The Science of Well-Being: FREE online course at Yale University	Interna	Pasando Jugo
Technology, Health, and Mental Health	Interna	Pasando Jugo
[Review] Hivelocity (Server company used by Psychlinks)	Interna	Pasando Jugo
Computers, Technology, and the Internet	Interna	Pasando Jugo
Tech of the Day	Interna	Pasando Jugo
Anxiety Disorders	Interna	Pasando Jugo

Enlaces en página

Anxiety, Stress, and Worrying	Interna	Pasando Jugo
Exploring the Hidden Cause	Interna	Pasando Jugo
Panic Disorder	Interna	Pasando Jugo
Grounding Techniques to Help with Panic Symptoms	Interna	Pasando Jugo
Obsessive-Compulsive Disorder :: OCD	Interna	Pasando Jugo
OCD Coping Tips	Interna	Pasando Jugo
Post-Traumatic Stress Disorder :: PTSD	Interna	Pasando Jugo
Why Hyperarousal After Trauma Is So Common	Interna	Pasando Jugo
Shyness & Social Anxiety	Interna	Pasando Jugo
Shyness: Evolutionary Tactic?	Interna	Pasando Jugo
Mood Disorders & Grief	Interna	Pasando Jugo
Depression, Dysthymia, Seasonal Affective Disorder	Interna	Pasando Jugo
Suicide Risk with Antidepressants	Interna	Pasando Jugo
When Sadness Lingers	Interna	Pasando Jugo
Bipolar Disorder, Cyclothymia	Interna	Pasando Jugo
Unexpected Signs of Mania to Watch For	Interna	Pasando Jugo
Suicide	Interna	Pasando Jugo
Suicide Prevention Quotes	Interna	Pasando Jugo
Grief and Bereavement	Interna	Pasando Jugo
Quotes on Grief & Loss	Interna	Pasando Jugo
Eating Disorders, Dieting, Healthy Eating, Body Image	Interna	Pasando Jugo
Eating Disorders	Interna	Pasando Jugo
8 tips for navigating 'very food-centric holidays'	Interna	Pasando Jugo
Body Image and Body Dysmorphic Disorder	Interna	Pasando Jugo
Blinded by Our Diet Culture: How to Stop Hating Your Body	Interna	Pasando Jugo
Dieting, Nutrition, Supplements, Weight Management	Interna	Pasando Jugo
Pumpkins and 6 Other Nutritious Fall Foods to Try	Interna	Pasando Jugo
Anger, Aggression, Abuse	Interna	Pasando Jugo

Enlaces en página

Anger & Anger Management	Interna	Pasando Jugo
How My Anger Helped Me Learn to Speak Up About My Needs	Interna	Pasando Jugo
Bullying, Harassment, Interpersonal Violence	Interna	Pasando Jugo
Cyberbullying and Cyberstalking	Interna	Pasando Jugo
When Words Go Too Far - A discussion on defamation, its psychological effects and the psychology of the defamer	Interna	Pasando Jugo
Shayelynn	Interna	Pasando Jugo
Abuse, Domestic Violence, Child Abuse	Interna	Pasando Jugo
Quotes about Abuse, Domestic Violence	Interna	Pasando Jugo
Surviving Abuse or Dysfunctional Families	Interna	Pasando Jugo
I Think I Am a Survivor	Interna	Pasando Jugo
Interpersonal Relationships	Interna	Pasando Jugo
Relationships	Interna	Pasando Jugo
Want to find love? Go grocery shopping	Interna	Pasando Jugo
Family and Friends	Interna	Pasando Jugo
How to Deal with Entitled People	Interna	Pasando Jugo
virali83	Interna	Pasando Jugo
Self-Esteem, Self-Concept, Relating to Others	Interna	Pasando Jugo
The Curse of the Self	Interna	Pasando Jugo
Pets and Pet Therapy	Interna	Pasando Jugo
Dog Facts & Tips	Interna	Pasando Jugo
Parenting, Children, Teens	Interna	Pasando Jugo
Parenting	Interna	Pasando Jugo
Michelle Obama on the guilt and anxiety of being a mother	Interna	Pasando Jugo
Pregnancy, Infertility, Newborns, Toddlers	Interna	Pasando Jugo
Medications and Vaccinations During Pregnancy	Interna	Pasando Jugo
Post-Partum Depression	Interna	Pasando Jugo
Research Shows That Anyone Could Forget a Kid in a Hot Car	Interna	Pasando Jugo
Other Conditions, Syndromes, and Disorders	Interna	Pasando Jugo

Enlaces en página

ADHD: Attention Deficit Hyperactivity Disorder	Interna	Pasando Jugo
4 Ways ADHD Can Mess With Your Relationship	Interna	Pasando Jugo
Learning Disabilities	Interna	Pasando Jugo
ADHD Symptoms Complicate and Exacerbate a Math Learning Disability	Interna	Pasando Jugo
Tourette Syndrome and Tourette Syndrome Plus	Interna	Pasando Jugo
Early Data for Experimental THC Drug Promising for Tourette's	Interna	Pasando Jugo
Memory and Memory Disorders	Interna	Pasando Jugo
Canadians living with dementia expected to triple by 2050: Alzheimer's Society	Interna	Pasando Jugo
Sleep, Dreams, Insomnia	Interna	Pasando Jugo
Calming screen time at bedtime	Interna	Pasando Jugo
Self-Injury	Interna	Pasando Jugo
[Book] Freedom from Self-Harm	Interna	Pasando Jugo
Dissociative Disorders	Interna	Pasando Jugo
Advocacy movement for DID	Interna	Pasando Jugo
Other Disorders	Interna	Pasando Jugo
When you can't trust what you see: Hallucinogen Persisting Perception Disorder (HPPD)	Interna	Pasando Jugo
Schizophrenia and Autism Spectrum Disorders	Interna	Pasando Jugo
Schizophrenia and Related Disorders	Interna	Pasando Jugo
The Relationship between Interpersonal Self-Concept and Paranoia	Interna	Pasando Jugo
Autism Spectrum Disorders	Interna	Pasando Jugo
Aspergers and Employment	Interna	Pasando Jugo
Personality Disorders	Interna	Pasando Jugo
Personality Disorders: Causes, Diagnosis, and Treatment	Interna	Pasando Jugo
Avoidant Personality Disorder diagnosed 2022	Interna	Pasando Jugo
Antisocial Personality Disorder & Psychopathy	Interna	Pasando Jugo
Dr. Hare's Guide to Psychopaths	Interna	Pasando Jugo

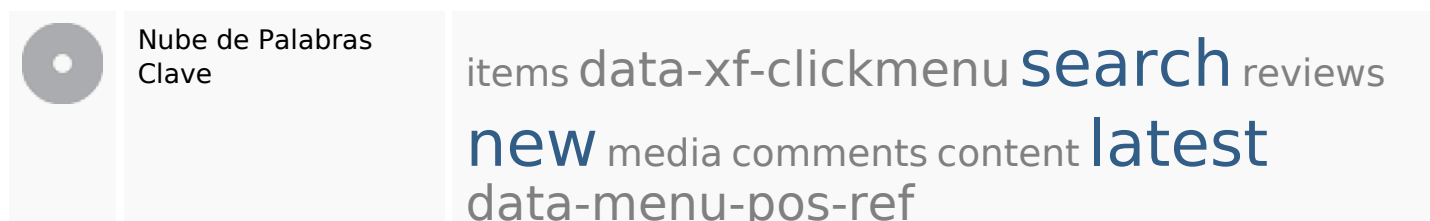
Enlaces en página

Borderline Personality Disorder	Interna	Pasando Jugo
Diagnosis of Borderline Personality Disorder Is Often Flawed	Interna	Pasando Jugo
Narcissistic Personality Disorder	Interna	Pasando Jugo
Why Narcissists Feel So Entitled	Interna	Pasando Jugo
Addictions, Compulsive Behaviors, Alcohol and Drug	Interna	Pasando Jugo
Substance Use and Abuse :: Addictions	Interna	Pasando Jugo
Codependency: What is It, Really?	Interna	Pasando Jugo
Marijuana, Cannabis	Interna	Pasando Jugo
Marijuana Linked to Hypertension Risk	Interna	Pasando Jugo
Medical Marijuana and CBD	Interna	Pasando Jugo
Does CBD Help With Insomnia?	Interna	Pasando Jugo
Compulsive Behaviors & Behavioral Addictions	Interna	Pasando Jugo
Compulsive Buying - When Pleasure Turns to Pain	Interna	Pasando Jugo
Medication Issues	Interna	Pasando Jugo
Prescription Medications and OTC Drugs	Interna	Pasando Jugo
[US] Auvelity, the New Fast-Acting Pill for Depression	Interna	Pasando Jugo
Alternative Medicine & Therapies - Natural Remedies	Interna	Pasando Jugo
Medical Myths, Denialism, Quackery, Conspiracy Theories	Interna	Pasando Jugo
Medical Marijuana	Interna	Pasando Jugo
Recreational Use of Marijuana	Interna	Pasando Jugo
Lightbox Therapy as a treatment for non-seasonal depression as well?	Interna	Pasando Jugo
The Waiting Room	Interna	Pasando Jugo
Just for Fun	Interna	Pasando Jugo
Humor - NOS 2	Interna	Pasando Jugo
Just Chat	Interna	Pasando Jugo
General Support and Advice	Interna	Pasando Jugo
Are we living in a simulation?	Interna	Pasando Jugo
News and Current Issues	Interna	Pasando Jugo

Enlaces en página

Restaurants & Stores Open on Christmas Day	Interna	Pasando Jugo
Latest resources	Interna	noFollow
Emotional Self Care and Self Help Sheet	Interna	Pasando Jugo
Grief and IFS: Mapping the Terrain	Interna	Pasando Jugo
My Life Through the Seasons	Interna	Pasando Jugo
When I&#039;m 64: Motivation and Behavioral Change	Interna	Pasando Jugo
DBT Handouts	Interna	Pasando Jugo
Delanos	Interna	Pasando Jugo
What's new	Interna	Pasando Jugo
New posts	Interna	noFollow
Latest activity	Interna	noFollow
Pixel Exit	Externo	Pasando Jugo
Media embeds via s9e/MediaSites	Externo	Pasando Jugo
Style chooser	Interna	noFollow
Terms and rules	Interna	Pasando Jugo
Privacy policy	Interna	Pasando Jugo
Help	Interna	Pasando Jugo
Home	Interna	Pasando Jugo

Palabras Clave SEO



Consistencia de las Palabras Clave

Palabra Clave (Keyword)	Contenido	Título	Palabras Claves (Keywords)	Descripción	Titulos

Consistencia de las Palabras Clave

search	17	✖	✖	✖	✓
latest	17	✖	✖	✖	✓
new	14	✖	✖	✖	✓
data-menu-pos-ref	9	✖	✖	✖	✖
data-xf-clickmenu	9	✖	✖	✖	✖

Usabilidad

	Url	Dominio : forum.psychlinks.ca Longitud : 19
	Favicon	Genial, tu web tiene un favicon.
	Imprimibilidad	No hemos encontrado una hoja de estilos CSS para impresión.
	Idioma	Genial. Has declarado el idioma en.
	Dublin Core	Esta página no usa Dublin Core.

Documento

	Tipo de documento (Doctype)	HTML 5					
	Codificación	Perfecto. Has declarado como codificación UTF-8.					
	Validez W3C	Errores : 8 Avisos : 1					
	Privacidad de los Emails	Genial. No hay ninguna dirección de email como texto plano!					
	HTML obsoleto	<table><thead><tr><th>Etiquetas obsoletas</th><th>Ocurrencias</th></tr></thead><tbody><tr><td></td><td>1</td></tr></tbody></table> Hemos detectado etiquetas HTML obsoletas que ya no se usa. Es		Etiquetas obsoletas	Ocurrencias		1
Etiquetas obsoletas	Ocurrencias						
	1						

Documento

		recomendable que cambies esas etiquetas por otras similares.
	Consejos de Velocidad	✓ Excelente, esta web no usa tablas. ✗ Muy mal, tu web está usando estilos embenidos (inline CSS). ✓ Genial, tu página web usa muy pocos ficheros CSS. ✓ Perfecto, tu web usa pocos ficheros JavaScript. ✓ Su sitio web se beneficia del tipo de compresión gzip. ¡Perfecto!

Movil

	Optimización Móvil	✗ Icono para Apple ✓ Etiqueta Meta Viewport ✓ Contenido Flash
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Optimización

	Mapa del sitio XML	¡Perfecto! Su sitio tiene un mapa del sitio en XML. http://forum.psychlinks.ca/sitemap.xml https://forum.psychlinks.ca/sitemap.xml
	Robots.txt	http://forum.psychlinks.ca/robots.txt ¡Estupendo! Su sitio web tiene un archivo robots.txt.
	Herramientas de Analítica	¡Perfecto! Su sitio web tiene una herramienta de análisis.  Google Analytics