



Evaluation du site forum.psychlinks.ca

Généré le 24 Mai 2025 11:25

Le score est de 49/100



Optimisation du contenu

Optimisation du contenu

- [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

Optimisation du contenu

		• [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
	Images	Nous avons trouvé 57 image(s) sur cette page Web. Bien, la plupart ou la totalité de vos images possèdent un attribut alt
	Ratio texte/HTML	Ratio : 3% le ratio de cette page texte/HTML est au-dessous de 15 pour cent, ce qui signifie que votre site manque de contenu textuel.
	Flash	Parfait, aucun contenu FLASH n'a été détecté sur cette page.

Optimisation du contenu

	Iframe	Génial, il n'y a pas d'Iframes détectés sur cette page.
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Liens

	Réécriture d'URLs	Mauvais. Vos liens contiennent des chaînes de requête.
	Tiret bas dans les URLs	Nous avons détectés des soulignements dans vos URLs. Vous devriez plutôt utiliser des tirets pour optimiser votre référencement.
	Liens dans la page	Nous avons trouvé un total de 165 lien(s) dont 79 lien(s) vers des fichiers
	Statistics	Liens externes : noFollow 0% Liens externes : Passing Juice 1.82% Liens internes 98.18%

Liens dans la page

Texte d'ancre	Type	Juice
Log in	Interne	Passing Juice
Light-Dark Style Switcher	Interne	Passing Juice
alternative browser	Externe	Passing Juice
Welcome to Psychlinks Forum	Interne	Passing Juice
About Psychlinks	Interne	Passing Juice
Forum is Archive Only (Closed to New Posts)	Interne	Passing Juice
New Members: Introductions	Interne	Passing Juice
Not new, but newly returned.	Interne	Passing Juice
NicNak	Interne	Passing Juice
General Support & Advice	Interne	Passing Juice
Missing Words	Interne	Passing Juice

Liens dans la page

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

Liens dans la page

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

Liens dans la page

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

Liens dans la page

4 Ways ADHD Can Mess With Your Relationship	Interne	Passing Juice
Learning Disabilities	Interne	Passing Juice
ADHD Symptoms Complicate and Exacerbate a Math Learning Disability	Interne	Passing Juice
Tourette Syndrome and Tourette Syndrome Plus	Interne	Passing Juice
Early Data for Experimental THC Drug &#039;Promising&#039; for Tourette&#039;s	Interne	Passing Juice
Memory and Memory Disorders	Interne	Passing Juice
Canadians living with dementia expected to triple by 2050: Alzheimer&#039;s Society	Interne	Passing Juice
Sleep, Dreams, Insomnia	Interne	Passing Juice
Calming screen time at bedtime	Interne	Passing Juice
Self-Injury	Interne	Passing Juice
[Book] Freedom from Self-Harm	Interne	Passing Juice
Dissociative Disorders	Interne	Passing Juice
Advocacy movement for DID	Interne	Passing Juice
Other Disorders	Interne	Passing Juice
When you can't trust what you see: Hallucinogen Persisting Perception Disorder (HPPD)	Interne	Passing Juice
Schizophrenia and Autism Spectrum Disorders	Interne	Passing Juice
Schizophrenia and Related Disorders	Interne	Passing Juice
The Relationship between Interpersonal Self-Concept and Paranoia	Interne	Passing Juice
Autism Spectrum Disorders	Interne	Passing Juice
Aspergers and Employment	Interne	Passing Juice
Personality Disorders	Interne	Passing Juice
Personality Disorders: Causes, Diagnosis, and Treatment	Interne	Passing Juice
Avoidant Personality Disorder diagnosed 2022	Interne	Passing Juice
Antisocial Personality Disorder & Psychopathy	Interne	Passing Juice
Dr. Hare's Guide to Psychopaths	Interne	Passing Juice
Borderline Personality Disorder	Interne	Passing Juice

Liens dans la page

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

Liens dans la page

Latest resources	Interne	noFollow
Emotional Self Care and Self Help Sheet	Interne	Passing Juice
Grief and IFS: Mapping the Terrain	Interne	Passing Juice
My Life Through the Seasons	Interne	Passing Juice
When I&#039;m 64: Motivation and Behavioral Change	Interne	Passing Juice
DBT Handouts	Interne	Passing Juice
Delanos	Interne	Passing Juice
What's new	Interne	Passing Juice
New posts	Interne	noFollow
Latest activity	Interne	noFollow
Pixel Exit	Externe	Passing Juice
Media embeds via s9e/MediaSites	Externe	Passing Juice
Style chooser	Interne	noFollow
Terms and rules	Interne	Passing Juice
Privacy policy	Interne	Passing Juice
Help	Interne	Passing Juice
Home	Interne	Passing Juice

Mots-clefs

	Nuage de mots-clefs	latest comments content data-menu-pos-ref media new data-xf-clickmenu items search reviews
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Cohérence des mots-clefs

Mot-clef	Contenu	Titre	Mots-clefs	Description	Niveaux de titre
search	17	×	×	×	✓
latest	17	×	×	×	✓

Cohérence des mots-clefs

new	14	✖	✖	✖	✔
data-menu-pos-ref	9	✖	✖	✖	✖
data-xf-clickmenu	9	✖	✖	✖	✖

Ergonomie

	Url	Domaine : forum.psychlinks.ca Longueur : 19
	Favicon	Génial, votre site web dispose d'un favicon.
	Imprimabilité	Aucun style CSS pour optimiser l'impression n'a pu être trouvé.
	Langue	Bien. Votre langue est : en.
	Dublin Core	Cette page ne profite pas des métadonnées Dublin Core.

Document

	Doctype	HTML 5				
	Encodage	Parfait. Votre charset est UTF-8.				
	Validité W3C	Erreurs : 8 Avertissements : 1				
	E-mail confidentialité	Génial, aucune adresse e-mail n'a été trouvé sous forme de texte!				
	HTML obsolètes	<table><tr><th>Tags obsolètes</th><th>Occurrences</th></tr><tr><td></td><td>1</td></tr></table> Les balises HTML obsolètes sont des balises qui ne sont plus utilisés. Il est recommandé de supprimer ou de remplacer ces balises HTML, car elles sont désormais obsolètes.	Tags obsolètes	Occurrences		1
Tags obsolètes	Occurrences					
	1					
	Astuces vitesse					

Document



- ✓ Excellent, votre site n'utilise pas de tableaux imbriqués.
- ✗ Mauvais, votre site web utilise des styles css inline.
- ✓ Génial, votre site web contient peu de fichiers CSS.
- ✓ Parfait, votre site web contient peu de fichiers javascript.
- ✓ Parfait : votre site tire parti de gzip.

Mobile



Optimisation mobile

- ✗ Icône Apple
- ✓ Méta tags viewport
- ✓ Contenu FLASH

Optimisation



Sitemap XML

Votre site web dispose d'une sitemap XML, ce qui est optimal.

<http://forum.psychlinks.ca/sitemap.xml>
<https://forum.psychlinks.ca/sitemap.xml>



Robots.txt

<http://forum.psychlinks.ca/robots.txt>

Votre site dispose d'un fichier robots.txt, ce qui est optimal.



Mesures d'audience

Votre site web dispose d'une outil d'analytics, ce qui est optimal.

 Google Analytics