



Website beoordeling forum.psychlinks.ca

Gegenereerd op Mei 24 2025 11:25 AM

De score is 49/100



SEO Content

	Title	Psychlinks Psychology and Mental Health Support Forum Lengte : 53 Perfect, uw title tag bevat tussen de 10 en 70 karakters.												
	Description	Psychlinks Lengte : 10 Let op, uw meta description zou tussen de 70 en 160 karakters (spaces included) moeten bevatten.												
	Keywords	Erg slecht. We hebben geen meta keywords gevonden in uw website. Gebruik deze gratis online meta tags generator om keywords te genereren.												
	Og Meta Properties	Goed, uw page maakt gebruik van Og Properties. <table><tr><th>Property</th><th>Content</th></tr><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></table>	Property	Content	description	Psychlinks	site_name	Psychlinks Forum -- Archive Only (2004-2022)	type	website	title	Psychlinks Forum -- Archive Only (2004-2022)	url	https://forum.psychlinks.ca/
Property	Content													
description	Psychlinks													
site_name	Psychlinks Forum -- Archive Only (2004-2022)													
type	website													
title	Psychlinks Forum -- Archive Only (2004-2022)													
url	https://forum.psychlinks.ca/													
	Headings	<table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>15</td><td>68</td><td>20</td><td>0</td><td>0</td></tr></table> • [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 • [H2] Mood Disorders & Grief	H1	H2	H3	H4	H5	H6	1	15	68	20	0	0
H1	H2	H3	H4	H5	H6									
1	15	68	20	0	0									

SEO Content

- [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
- [H3] Schizophrenia and Related Disorders

SEO Content

		• [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
	Afbeeldingen	We vonden 57 afbeeldingen in de pagina. Goed, de meeste of alle afbeeldingen hebben een alt tekst
	Text/HTML Ratio	Ratio : 3% De ratio van text tot HTML code is below 15 procent, dit betekent dat uw pagina waarschijnlijk meer tekst nodig heeft.
	Flash	Perfect, geen Flash content gevonden in uw website.

SEO Content

	Iframe	Perfect, er zijn geen Iframes in uw website aangetroffen.
--	--------	---

SEO Links

	Herschreven URL	Slecht. Uw links maken gebruik van een query string.
	Underscores in de URLs	We hebben underscores gevonden in uw URLs. U zou het minteken moeten gebruiken ten behoeven van SEO.
	In-page links	We vonden een totaal van 165 links inclusie 79 link(s) naar bestanden
	Statistics	Externe Links : noFollow 0% Externe Links : doFollow 1.82% Interne Links 98.18%

In-page links

Ankertekst	Type	samenstelling
Log in	Intern	doFollow
Light-Dark Style Switcher	Intern	doFollow
alternative browser	Extern	doFollow
Welcome to Psychlinks Forum	Intern	doFollow
About Psychlinks	Intern	doFollow
Forum is Archive Only (Closed to New Posts)	Intern	doFollow
New Members: Introductions	Intern	doFollow
Not new, but newly returned.	Intern	doFollow
NicNak	Intern	doFollow
General Support & Advice	Intern	doFollow
Missing Words	Intern	doFollow
** CRISIS RESOURCES **	Intern	doFollow

In-page links

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

In-page links

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

In-page links

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

In-page links

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

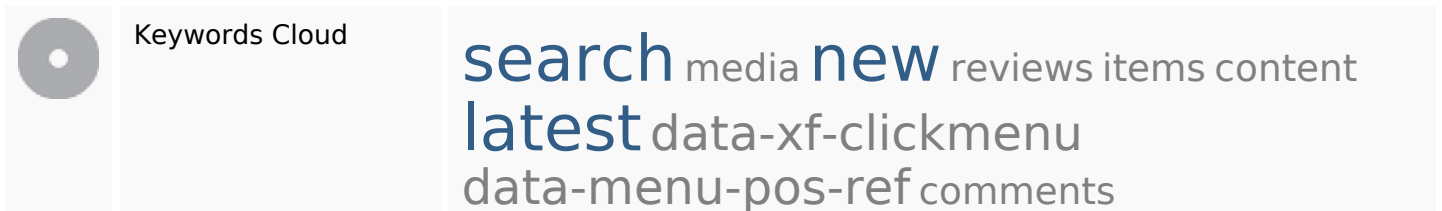
In-page links

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

In-page links

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

SEO Keywords



Keywords Consistentie

Keyword	Content	Title	Keywords	Description	Headings
search	17	✗	✗	✗	✓
latest	17	✗	✗	✗	✓
new	14	✗	✗	✗	✓

Keywords Consistentie

data-menu-pos-ref	9	✖	✖	✖	✖
data-xf-clickmenu	9	✖	✖	✖	✖

Bruikbaarheid

	Url	Domein : forum.psychlinks.ca Lengte : 19
	Favicon	Goed, uw website heeft een favicon.
	Printbaarheid	Jammer. We vonden geen Print-Vriendelijke CSS.
	Taal	Goed. Uw ingestelde taal is en.
	Dublin Core	Deze pagina maakt geen gebruik van Dublin Core.

Document

	Doctype	HTML 5				
	Encoding	Perfect. Uw ingestelde Charset is UTF-8.				
	W3C Validiteit	Fouten : 8 Waarschuwingen : 1				
	E-mail Privacy	Geweldig er is geen e-mail adres gevonden als platte tekst!				
	Niet ondersteunde HTML	<table><tr><th>Niet ondersteunde tags</th><th>Voorkomende</th></tr><tr><td></td><td>1</td></tr></table> We hebben niet meer ondersteunde HTML tags gevonden in uw HTML, we adviseren u deze te verwijderen.	Niet ondersteunde tags	Voorkomende		1
Niet ondersteunde tags	Voorkomende					
	1					
	Speed Tips	 Geweldig, uw website heeft geen tabellen in een tabel.  Jammer, uw website maakt gebruik van inline styles.				

Document

- ✓ Geweldig, uw website heeft een correct aantal CSS bestanden.
- ✓ Perfect, uw website heeft een correct aantal JavaScript bestanden.
- ✓ Perfect, uw website haalt voordeel uit gzip.

Mobile



Mobile Optimization

- ✗ Apple Icon
- ✓ Meta Viewport Tag
- ✓ Flash content

Optimalisatie



XML Sitemap

Geweldig, uw website heeft een XML sitemap.

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



Robots.txt

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

Geweldig uw website heeft een robots.txt bestand.



Analytics

Perfect, uw website heeft een analytics tool.



Google Analytics