



Avaliação do site forum.psychlinks.ca

Gerado a 24 de Maio de 2025 11:25 AM

O resultado é de 49/100



Conteúdo SEO

	Título	Psychlinks Psychology and Mental Health Support Forum Cumprimento : 53 Perfeito, o Título contém entre 10 e 70 caracteres.												
	Descrição	Psychlinks Cumprimento : 10 Idealmente, a Descrição META deve conter entre 70 e 160 caracteres (incluindo espaços).												
	Palavras-chave	Mau. Não detetámos palavras-chave META na sua página.												
	Propriedades Og Meta	Boa! Esta página tira vantagens das propriedades Og. <table><tr><th>Propriedade</th><th>Conteúdo</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>	Propriedade	Conteúdo	description	Psychlinks	site_name	Psychlinks Forum -- Archive Only (2004-2022)	type	website	title	Psychlinks Forum -- Archive Only (2004-2022)	url	https://forum.psychlinks.ca/
Propriedade	Conteúdo													
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url	https://forum.psychlinks.ca/													
	Cabeçalhos	<table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></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 • [H2] Eating Disorders, Dieting, Healthy Eating, Body Image	H1	H2	H3	H4	H5	H6	1	15	68	20	0	0
H1	H2	H3	H4	H5	H6									
1	15	68	20	0	0									

Conteúdo SEO

- [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
- [H3] Autism Spectrum Disorders

Conteúdo SEO

		• [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
	Imagens	Encontrámos 57 imagens nesta página. Bom, a maioria das imagens têm o atributo ALT definidos.
	Rácio Texto/HTML	Rácio : 3% O rácio de texto para código HTML desta página é menor que 15 por cento, o que significa que provavelmente é necessário de adicionar mais conteúdos em forma de texto.
	Flash	Perfeito, não foi encontrado conteúdo Flash nesta página.

Conteúdo SEO

	Iframe	Excelente, não foram detetadas iframes nesta página.
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Ligações SEO

	Reescrita de URL	Mau. Existem ligações que contêm 'query strings' (sequências de consulta).
	Underscores (traços inferiores) nas URLs	Detetámos 'underscores' (traços inferiores) nas suas URLs. O uso hífen é mais eficiente em termos de otimização SEO.
	Ligações para a própria página	Encontrámos um total de 165 ligações incluindo 79 ligações a ficheiros
	Statistics	Ligações externas : noFollow 0% Ligações externas : Passa sumo 1.82% Ligações internas 98.18%

Ligações para a própria página

Âncoras	Tipo	Sumo
Log in	Internas	Passa sumo
Light-Dark Style Switcher	Internas	Passa sumo
alternative browser	Externas	Passa sumo
Welcome to Psychlinks Forum	Internas	Passa sumo
About Psychlinks	Internas	Passa sumo
Forum is Archive Only (Closed to New Posts)	Internas	Passa sumo
New Members: Introductions	Internas	Passa sumo
Not new, but newly returned.	Internas	Passa sumo
NicNak	Internas	Passa sumo
General Support & Advice	Internas	Passa sumo
Missing Words	Internas	Passa sumo
** CRISIS RESOURCES **	Internas	Passa sumo

Ligações para a própria página

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

Ligações para a própria página

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

Ligações para a própria página

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

Ligações para a própria página

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

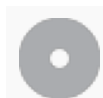
[Ligações para a própria página](#)

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

Ligações para a própria página

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

Palavras-chave SEO



Núvem de palavras-chave

data-menu-pos-ref data-xf-clickmenu
content comments **search** items media
latest reviews **new**

Consistência das Palavras-chave

Palavra-chave	Conteúdo	Título	Palavras-chave	Descrição	Cabeçalhos
search	17	✗	✗	✗	✓
latest	17	✗	✗	✗	✓
new	14	✗	✗	✗	✓

Consistência das Palavras-chave

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

Usabilidade

	Url	Domínio : forum.psychlinks.ca Cumprimento : 19
	Favicon	Ótimo, o site tem um favicon.
	Facilidade de Impressão	Não encontrámos CSS apropriado para impressão.
	Língua	Otimo! A língua declarada deste site é en.
	Dublin Core	Esta página não tira vantagens do Dublin Core.

Documento

	Tipo de Documento	HTML 5				
	Codificação	Perfeito. O conjunto de caracteres UTF-8 está declarado.				
	Validação W3C	Erros : 8 Avisos : 1				
	Privacidade do Email	Boa! Nenhum endereço de email está declarado sob a forma de texto!				
	HTML obsoleto	<table><tr><th>Etiquetas obsoletas</th><th>Ocorrências</th></tr><tr><td></td><td>1</td></tr></table> Etiquetas HTML obsoletas são etiquetas que já não são usadas segundo as normas mais recentes. É recomendado que sejam removidas ou substituídas por outras etiquetas atualizadas.	Etiquetas obsoletas	Ocorrências		1
Etiquetas obsoletas	Ocorrências					
	1					
	Dicas de Velocidade	 Excelente, este site não usa tabelas dentro de tabelas.  Oh não, o site usa estilos CSS nas etiquetas HTML.				

Documento

- ✓ Boa, o site usa poucos ficheiros CSS.
- ✓ Perfeito, o site usa poucos ficheiros JavaScript.
- ✓ Perfeito, o site tira vantagens da compressão gzip.

Dispositivos Móveis



Otimização para dispositivos móveis

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

Otimização



XML Sitemap

Perfeito, o site tem um mapa XML do site (sitemap).

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



Robots.txt

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

Perfeito, o seu site tem um ficheiro robots.txt.



Analytics

Perfeito, o site tem uma ferramenta analítica para a análise de atividade.



Google Analytics