Website SEO Stats

75

Review of Depressionals.com

Generated on 2021-11-25

Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

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Search Engine Optimization

Mobile

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Usability

Technologies

Social

Iconography

✅ Good

⚠️ To Improve

❌ Errors

⚫ Not Important

⚙️⚙️⚙️ Hard to solve

⚙️⚙️⚙️ Little tough to solve

⚙️⚙️⚙️ Easy to solve

⚙️⚙️⚙️ No action necessary

Website SEO Stats

Search Engine Optimization

Title Tag

Depressionals - Reshaping the minds for ultimate growth

Length: 55 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.

Meta Description

Depressionals is most well-known and visited mental health blog, focused on supporting people affected by Mental health disorders and problems.

Length: 143 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.

Meta Keywords

No Keywords

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.

Website SEO Stats

Google Preview

Depressionals - Reshaping the minds for ultimate growth
depressionals.com/
Depressionals is most well-known and visited mental health blog, focused on supporting people affected by Mental health disorders and problems.

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are

missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

Headings

<H1>	<H2>	<H3>	<H4>	<H5>	<H6>
1	6	32	12	0	0

<H1> Depressionals </H1>
<H2> Internet Addiction Disorder: Causes, Symptoms and Treatment </H2>
<H2> The Different Types of Bullying and Its Impact </H2>
<H2> Global Developmental Delay: Causes, Symptoms and Management </H2>
<H2> Signs of a Materialistic Person – You Must Know </H2>
<H2> Subconscious Mind: How to Control and Use its Power </H2>
<H2> What is Consciousness? Types of Human Consciousness </H2>
<H3> Internet Addiction Disorder: Causes, Symptoms and Treatment </H3>
<H3> The Different Types of Bullying and Its Impact </H3>
<H3> Global Developmental Delay: Causes, Symptoms and Management </H3>
<H3> Signs of a Materialistic Person – You Must Know </H3>
<H3> Subconscious Mind: How to Control and Use its Power </H3>
<H3> Work Depression: Take Care of Your Mental Health at Work </H3>
<H3> Depression and Divorce: Tips to Manage Post-Divorce Depression </H3>
<H3> How to Deal with Teenage Depression? 6 Ways to Cope </H3>
<H3> Depression in Children or Childhood Depression </H3>
<H3> COVID-19 Pandemic and Depression </H3>
<H3> Broken Heart Syndrome (Stress Cardiomyopathy) </H3>
<H3> COVID-19 Stress: Few Tips to Manage Coronavirus Stress </H3>
<H3> How to Deal with Frustration? 10 Easiest Ways to Cope </H3>
<H3> Frustration: Types, Symptoms and Treatment </H3>
<H3> Postpartum Anxiety: Causes, Symptoms and Treatment </H3>
<H3> Postnatal Anxiety: Causes, Symptoms and How to Overcome? </H3>
<H3> Autophobia or Self Phobia: Causes, Symptoms and Treatment </H3>
<H3> How to Stop Worrying About COVID-19: 9 Simple Tips to Overcome </H3>
<H3> Thought Disorder: Types, Causes & Symptoms </H3>
<H3> How to Overcome Analysis Paralysis? 11 Easy Tips </H3>
<H3> What is Analysis Paralysis? A Brief Overview </H3>
<H3> Learn Causes of Overthinking and How to Overcome it </H3>
<H3> Suicidal Thoughts: Causes, Symptoms and Suicide Prevention </H3>
<H3> The Different Types of Bullying and Its Impact </H3>

<H3> Signs of a Materialistic Person – You Must Know </H3>

<H3> Major Effects of Bullying on Mental Health </H3>

<H3> Cyberbullying: Types, Causes and Its Effects </H3>

<H3> Immature Personality Disorder: How to Manage Emotional Immaturity? </H3>

<H3> Internet Addiction Disorder: Causes, Symptoms and Treatment </H3>

<H3> The Different Types of Bullying and Its Impact </H3>

<H3> Global Developmental Delay: Causes, Symptoms and Management </H3>

<H3> Signs of a Materialistic Person – You Must Know </H3>

<H4> Depression </H4>

<H4> Stress </H4>

<H4> Anxiety </H4>

<H4> Overthinking </H4>

<H4> Personality Disorders </H4>

<H4> Latest </H4>

<H4> E-mail Newsletter </H4>

<H4> Search </H4>

<H4> Trending </H4>

<H4> Depressionals </H4>

<H4> CONNECT WITH US </H4>

<H4> Privacy Overview </H4>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.

Keywords

cookies 21   disorder 21   personality 19   types 19   mental 15

anxiety 15   cookie 15   stress 14   leave 14   consent 12

symptoms 12   depression 10   bullying 10   stop 10   materialistic 9

> This Keyword Cloud provides an insight into the frequency of keyword usage within the page.
>
> It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number
>
> of keyword research tools available online to help you choose which keywords to target.

Keyword Consistency

Keywords	Freq	Title	Desc	<H>
cookies	21	✖	✖	✖
disorder	21	✖	✔	✔
personality	19	✖	✖	✔
types	19	✖	✖	✔
mental	15	✖	✔	✔
anxiety	15	✖	✖	✔
cookie	15	✖	✖	✖
stress	14	✖	✖	✔
leave	14	✖	✖	✖
consent	12	✖	✖	✖
symptoms	12	✖	✖	✔
depression	10	✔	✔	✔
bullying	10	✖	✖	✔
stop	10	✖	✖	✔
materialistic	9	✖	✖	✔

> This table highlights the importance of being consistent with your use of keywords.
>
> To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the
>
> following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink
>
> anchor text.

Website SEO Stats

Alt Attribute

❌ We found 33 images on this web page

✖ 5 ALT attributes are empty or missing.

data:image/svg+xml;base64,PHN2ZyB4bWxucz0iaHR0cDovL3d3dy53My5vcmcvMjAwMC9zdmciIHdpZHRoPSIxMzUiIGhlaWdodD0iOTMi
g9IjAgMCAxMzUgOTMiPjxyZWN0IHdpZHRoPSIxMDAlIiBoZWlnaHQ9IjEwMCUiIGZpbGw9IiNjZmQ0ZGIiLz48L3N2Zz4=

data:image/svg+xml;base64,PHN2ZyB4bWxucz0iaHR0cDovL3d3dy53My5vcmcvMjAwMC9zdmciIHdpZHRoPSIxMzUiIGhlaWdodD0iOTMi
g9IjAgMCAxMzUgOTMiPjxyZWN0IHdpZHRoPSIxMDAlIiBoZWlnaHQ9IjEwMCUiIGZpbGw9IiNjZmQ0ZGIiLz48L3N2Zz4=

data:image/svg+xml;base64,PHN2ZyB4bWxucz0iaHR0cDovL3d3dy53My5vcmcvMjAwMC9zdmciIHdpZHRoPSIxMzUiIGhlaWdodD0iOTMi
g9IjAgMCAxMzUgOTMiPjxyZWN0IHdpZHRoPSIxMDAlIiBoZWlnaHQ9IjEwMCUiIGZpbGw9IiNjZmQ0ZGIiLz48L3N2Zz4=

data:image/svg+xml;base64,PHN2ZyB4bWxucz0iaHR0cDovL3d3dy53My5vcmcvMjAwMC9zdmciIHdpZHRoPSIxMzUiIGhlaWdodD0iOTMi
g9IjAgMCAxMzUgOTMiPjxyZWN0IHdpZHRoPSIxMDAlIiBoZWlnaHQ9IjEwMCUiIGZpbGw9IiNjZmQ0ZGIiLz48L3N2Zz4=

data:image/svg+xml;base64,PHN2ZyB4bWxucz0iaHR0cDovL3d3dy53My5vcmcvMjAwMC9zdmciIHdpZHRoPSIxMzUiIGhlaWdodD0iOTMi
g9IjAgMCAxMzUgOTMiPjxyZWN0IHdpZHRoPSIxMDAlIiBoZWlnaHQ9IjEwMCUiIGZpbGw9IiNjZmQ0ZGIiLz48L3N2Zz4=

Alternative text is used to describe images to give the search engine crawlers (and the visually impaired).

Also, more information to help them understand images, which can help them to appear in Google Images search results.

Text/HTML Ratio

HTML to Text Ratio is: **6.74%**

Text content size 13544 bytes

Total HTML size 201041 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by

search engines to calculate the relevancy of a web page.

A higher code to text ratio will increase your chances of getting a better rank in search engine results.

GZIP compression

✓ Wow! It's GZIP Enabled.

✔ Your webpage is compressed from 196 KB to 33 KB (83.3 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.

It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.

Website SEO Stats

IP Canonicalization   No your domain IP 172.67.194.98 does not redirect to depressionals.com

To check this for your website, enter your IP address in the browser and see if your site loads with the IP address.

Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider.

If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

URL Rewrite   Good, all URLs look clean and friendly

Your site's URLs contain unnecessary elements that make them look complicated.

A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords.

Clean URLs are also useful when shared on social media as they explain the page's content.

Underscores in the URLs   Great, you are not using underscores (these_are_underscores) in your URLs

Great, you are not using ?underscores (these_are_underscores) in your URLs.

While Google treats hyphens as word separators, it does not for underscores.

WWW Resolve

Great, a redirect is in place to redirect traffic from your non-preferred domain.

Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.

XML Sitemap

Good, you have XML Sitemap file!
http://depressionals.com/sitemap.xml

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.

We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.

Robots.txt

Good, you have Robots.txt file!
http://depressionals.com/robots.txt

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.

You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.

Website SEO Stats

Embedded Objects

Perfect, no embedded objects has been detected on this page

Embedded Objects such as Flash. It should only be used for specific enhancements.

Although Flash content often looks nicer, it cannot be properly indexed by search engines.

Avoid full Flash websites to maximize SEO.

Iframe

Perfect, no Iframe content has been detected on this page

Frames can cause problems on your web page because search engines will not crawl or index the content within them.

Avoid frames whenever possible and use a NoFrames tag if you must use them.

Domain Registration

Exactly how many years and months

Domain Age: 1 Year, 36 Days

Created Date: 3rd-Mar-2021

Updated Date: 23rd-Mar-2022

Expiry Date: 3rd-Mar-2023

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.

Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.

Indexed Pages

Indexed pages in search engines

39 Page(s)

This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture &

internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.

Backlinks Counter

Number of backlinks to your website

0 Backlink(s)

Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.

Website SEO Stats

Usability

URL

http://depressionals.com
Length: 13 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g.,

http://www.mysite.com/en/products).

Favicon

Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.

Custom 404 Page

Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so

hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.

Website SEO Stats

Page Size   196 KB (World Wide Web average is 320 Kb)

Two of the main reasons for an increase in page size are images and JavaScript files.

Page size affects the speed of your website; try to keep your page size below 2 Mb.

Tip: Use images with a small size and optimize their download with gzip.

Load Time   0.28 second(s)

Site speed is an important factor for ranking high in Google search results and enriching the user experience.

Resources: Check out Google's developer tutorials for tips on how to to make your website run faster.

Language   Good, you have declared your language
                       Declared Language: EN-US

Make sure your declared language is the same as the language detected by Google

Also, define the language of the content in each page's HTML code.

Domain Availability

Domains (TLD)	Status
depressionals.net	Available
depressionals.org	Available
depressionals.biz	Already Registered
depressionals.us	Available
depressionals.info	Already Registered

Register the various extensions of your domain to protect your brand from cybersquatters.

Typo Availability

Domains (TLD)	Status
depresionals.com	Available
xepressionals.com	Available
sepressionals.com	Available
wepressionals.com	Available
eepressionals.com	Available

Register the various typos of your domain to protect your brand from cybersquatters.

Website SEO Stats

Email Privacy

Good, no email address has been found in plain text.

We don't recommend adding plain text/linked email addresses to your webpages.

As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.

Safe Browsing

The website is not blacklisted and looks safe to use.

Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.

Website SEO Stats

Mobile

Mobile Friendliness

Awesome! This page is mobile-friendly!
Your mobile friendly score is 100/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search results.
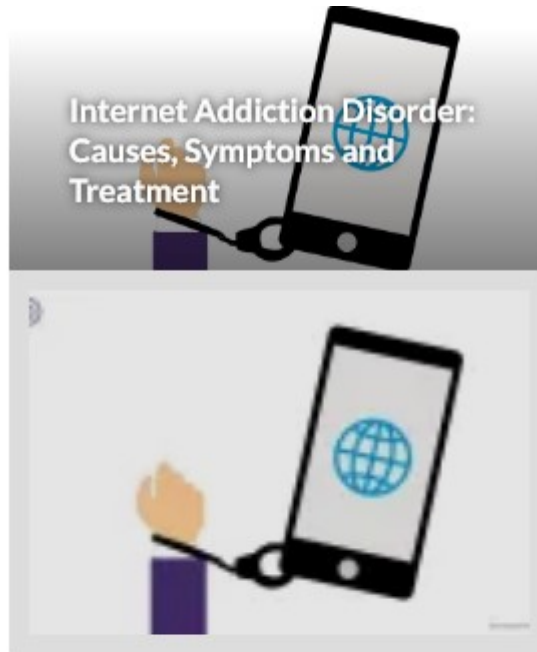
Mobile Compatibility

Perfect, no embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.

Mobile View

The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.

Technologies

Server IP

Server IP	Server Location	Service Provider
172.67.190.141	United StatesTimezone	CloudflareOrganization

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to your visitors.

Search engines take the geolocation of a server into account as well as the server speed.

Speed Tips

Tips for authoring fast-loading HTML pages:

✔ Perfect, your website has few CSS files.

✖ Too bad, your website has too many JavaScript files.

✔ Perfect, your website doesn't use nested tables.

✖ Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

???By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

Analytics

Perfect, We 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.

Website SEO Stats

Doc Type

Your Web Page doctype is HTML 5

The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.

W3C Validity

W3C not validated

W3Cis a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to

index. Run the W3C validation service whenever changes are made to your website's code.

Encoding

Great, language/character encoding is specified: UTF-8

Specifying language/character encoding can prevent problems with the rendering of special characters.

Social

Social Data
⚙ ⚙ ⚙

Your social media status

f Facebook: ✔ Depressionals

G+ Twitter: ✔ Depressionals

in Instagram: ✔ Depressionals

> Social data refers to data individuals create that is knowingly and voluntarily shared by them.
>
> Cost and overhead previously rendered this semi-public form of communication unfeasible.
>
> But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.

Visitors

Traffic Rank

4,279,317th most visited website in the World.

A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.

Visitors Localization

Your website is popular on following countries:

No data available

We recommend that you book the domain names for the countries where your ??website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.

Estimated Worth

$492 USD

Just a estimated worth of your website based on Alexa Rank.

Website SEO Stats

Link Analysis

In-Page Links

We found a total of 266 links including both internal & external links of your site

Anchor	Type	Follow
Depressionals	Internal Links	Dofollow
Depression	Internal Links	Dofollow
Types of Depression	Internal Links	Dofollow
Major Depressive Disorder	Internal Links	Dofollow
Persistent Depressive Disorder	Internal Links	Dofollow
Bipolar Disorder	Internal Links	Dofollow
Bipolar 1 Disorder	Internal Links	Dofollow
Bipolar II Disorder	Internal Links	Dofollow
Cyclothymia (Cyclothymic Disorder)	Internal Links	Dofollow
Postpartum Depression	Internal Links	Dofollow
Premenstrual Dysphoric Disorder	Internal Links	Dofollow
Work Depression	Internal Links	Dofollow
Teen Depression	Internal Links	Dofollow
How to Deal with Teenage Depression	Internal Links	Dofollow
Situational Depression	Internal Links	Dofollow
Melancholic Depression	Internal Links	Dofollow
Endogenous Depression	Internal Links	Dofollow
Atypical Depression	Internal Links	Dofollow
Psychotic Depression	Internal Links	Dofollow
Economic Depression	Internal Links	Dofollow
Mild, Moderate or Severe Depression	Internal Links	Dofollow
Depression and Divorce	Internal Links	Dofollow
Double Depression Disorder	Internal Links	Dofollow
Depression in Children	Internal Links	Dofollow
Depression During Pregnancy	Internal Links	Dofollow
Perinatal Depression	Internal Links	Dofollow
Antenatal Depression	Internal Links	Dofollow
Postnatal Depression	Internal Links	Dofollow
COVID-19 Pandemic and Depression	Internal Links	Dofollow
Loneliness and Depression	Internal Links	Dofollow
What is a Depressive Episode	Internal Links	Dofollow
How to Get Out of a Depressive Episode	Internal Links	Follow
Disruptive Mood Dysregulation Disorder	Internal Links	Dofollow
Substance/Medication-Induced Psychotic Disorder	Internal Links	Dofollow
Depressive Psychosis	Internal Links	Dofollow
4 Major Ways Depression Effects on Brain	Internal Links	Dofollow
How to Help Someone with Depression	Internal Links	Dofollow
Stress	Internal Links	Dofollow
Types of Stress	Internal Links	Dofollow
Acute Stress Disorder	Internal Links	Dofollow
Episodic Acute Stress	Internal Links	Dofollow
Chronic Stress Disorder	Internal Links	Dofollow
Post Traumatic Stress Disorder	Internal Links	Dofollow
Complex Post-Traumatic Stress Disorder (CPTSD)	Internal Links	Dofollow
Frustration	Internal Links	Dofollow
How to Deal with Frustration	Internal Links	Dofollow
Stress During Pregnancy	Internal Links	Dofollow

Economic Stress	Internal Links	Dofollow
Financial Stress	Internal Links	Dofollow
COVID-19 Stress	Internal Links	Dofollow
Stress Cardiomyopathy	Internal Links	Dofollow
Reactive Attachment Disorder	Internal Links	Dofollow
Stress Response Syndrome	Internal Links	Dofollow
Top Stressful Life Events	Internal Links	Dofollow
Stressful Work Environment	Internal Links	Dofollow
12 Simple Ways to Reduce Stress	Internal Links	Dofollow
Stress Management Techniques	Internal Links	Dofollow
Anxiety	Internal Links	Dofollow
Types of Anxiety Disorders	Internal Links	Dofollow
Generalized Anxiety Disorder	Internal Links	Dofollow
Obsessive Compulsive Disorder	Internal Links	Dofollow
Obsession and Compulsion	Internal Links	Dofollow
Panic Disorder	Internal Links	Dofollow
How to Stop a Panic Attack	Internal Links	Dofollow
How to Calm Anxiety Attacks	Internal Links	Dofollow
Phobia Disorder	Internal Links	Dofollow
Autophobia or Self Phobia	Internal Links	Dofollow
Claustrophobia Disorder	Internal Links	Dofollow
Agoraphobia	Internal Links	Dofollow
Specific Phobia	Internal Links	Dofollow
How to Get Over a Phobia	Internal Links	Dofollow
How to Overcome Fear from Mind and Heart	Internal Links	Dofollow
Anxiety During Pregnancy	Internal Links	Dofollow
Postpartum Anxiety	Internal Links	Dofollow
Postnatal Anxiety	Internal Links	Dofollow
COVID-19 Anxiety Syndrome	Internal Links	Dofollow
Obsessive Love Disorder	Internal Links	Dofollow
Separation Anxiety Disorder	Internal Links	Dofollow
Stranger Anxiety	Internal Links	Dofollow
Social Anxiety Disorder	Internal Links	Dofollow
How to Deal with Social Anxiety	Internal Links	Dofollow
Anxiety Breathing Exercise	Internal Links	Dofollow
Selective Mutism	Internal Links	Dofollow
How to Stop Worrying	Internal Links	Dofollow
How to Stop Worrying About COVID-19	Internal Links	Dofollow
Overthinking	Internal Links	Dofollow
What is Overthinking	Internal Links	Dofollow
Causes of Overthinking	Internal Links	Dofollow
Types of Overthinking	Internal Links	Dofollow
How to Stop Overthinking	Internal Links	Dofollow
What is Analysis Paralysis	Internal Links	Dofollow
How to Overcome Analysis Paralysis	Internal Links	Dofollow
Different Ways to Control Overthinking	Internal Links	Dofollow
Thought Disorder	Internal Links	Dofollow
Suicidal Thoughts	Internal Links	Dofollow
Psychological Disorders	Internal Links	Dofollow
Personality Disorders	Internal Links	Dofollow
Types of Personality Disorders	Internal Links	Dofollow
Avoidant Personality Disorder	Internal Links	Dofollow
Obsessive-Compulsive Personality Disorder	Internal Links	Dofollow

Dependent Personality Disorder	Internal Links	Dofollow
Narcissistic Personality Disorder	Internal Links	Dofollow
How to Deal With a Narcissist	Internal Links	Dofollow
Borderline Personality Disorder	Internal Links	Dofollow
Histrionic Personality Disorder	Internal Links	Dofollow
Schizotypal Personality Disorder	Internal Links	Dofollow
Schizoid Personality Disorder	Internal Links	Dofollow
Antisocial Personality Disorder	Internal Links	Dofollow
Paranoid Personality Disorder	Internal Links	Dofollow
Immature Personality Disorder	Internal Links	Dofollow
17 Signs of Materialistic Person	Internal Links	Dofollow
15 Signs of Egoistic Person	Internal Links	Dofollow
Signs of Self-Obsessed Person	Internal Links	Dofollow
Types of Bullying	Internal Links	Dofollow
Cyberbullying	Internal Links	Dofollow
Effects of Bullying on Mental Health	Internal Links	Dofollow
Sleep Disorders	Internal Links	Dofollow
What are Sleep Disorders	Internal Links	Dofollow
Sleep Apnea	Internal Links	Dofollow
Central Sleep Apnea	Internal Links	Dofollow
Obstructive Sleep Apnea	Internal Links	Dofollow
Circadian Rhythm Sleep Disorder	Internal Links	Dofollow
Insomnia Disorder	Internal Links	Dofollow
Chronic Insomnia Disorder	Internal Links	Dofollow
Psychophysiological Insomnia	Internal Links	Dofollow
Parasomnias	Internal Links	Dofollow
Restless Legs Syndrome (RLS)	Internal Links	Dofollow
Best Tips to Stop Restless Legs Syndrome	Internal Links	Dofollow
Narcolepsy	Internal Links	Dofollow
Dyssomnia	Internal Links	Dofollow
Periodic Limb Movement Disorder	Internal Links	Dofollow
Sleep Terrors (Night Terrors)	Internal Links	Dofollow
How Pandemic COVID-19 Affects Our Dreams	Internal Links	Dofollow
Hypersomnolence Disorder	Internal Links	Dofollow
Hypersomnia Disorder	Internal Links	Dofollow
Sleep Paralysis	Internal Links	Dofollow
Nightmare Disorder	Internal Links	Dofollow
Eating Disorders	Internal Links	Dofollow
Types of Eating Disorders	Internal Links	Dofollow
Anorexia Nervosa	Internal Links	Dofollow
Bulimia Nervosa	Internal Links	Dofollow
Rumination Disorder	Internal Links	Dofollow
Purging Disorder	Internal Links	Dofollow
Pica Disorder	Internal Links	Dofollow
Pica in Pregnancy	Internal Links	Dofollow
Night Eating Syndrome	Internal Links	Dofollow
How to Stop Late Night Eating	Internal Links	Dofollow
Binge Eating Disorder	Internal Links	Dofollow
Simple Tips to Stop Binge Eating	Internal Links	Dofollow
Avoidant Restrictive Food Intake Disorder (ARFID)	Internal Links	Dofollow
Substance-Related Disorders	Internal Links	Dofollow
Substance Abuse Disorder	Internal Links	Dofollow
Cannabis Use Disorder	Internal Links	Dofollow

Stimulant Use Disorder	Internal Links	Dofollow
Gambling Disorder	Internal Links	Dofollow
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Alcohol Use Disorder	Internal Links	Dofollow
Somatic Symptom Disorders	Internal Links	Dofollow
Factitious Disorder	Internal Links	Dofollow
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Lip Biting Disorder	Internal Links	Dofollow
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Cheek Biting Disorder	Internal Links	Dofollow
Motor Disorders	Internal Links	Dofollow
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What is Addiction	Internal Links	Dofollow
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Types of Attachment Styles	Internal Links	Dofollow
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Secure Attachment Style	Internal Links	Dofollow
Insecure Attachment Style	Internal Links	Dofollow
Disorganized Attachment Style	Internal Links	Dofollow
Avoidant Attachment Style	Internal Links	Dofollow
Anxious Attachment Style	Internal Links	Dofollow
Speech Disorders	Internal Links	Dofollow
Learning Disorder	Internal Links	Dofollow
Cognitive Disorder	Internal Links	Dofollow
Impulse Control Disorders	Internal Links	Dofollow
Psychotic Disorders	Internal Links	Dofollow
Brief Psychotic Disorder	Internal Links	Dofollow
Affective Disorders	Internal Links	Dofollow
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Disorganization Schizophrenia (Hebephrenic)	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
5 Comments.	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
Subconscious Mind: How to Control and Use its Power	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
1 Comment	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
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Leave a Comment	Internal Links	Dofollow
Leave a Comment	Internal Links	Dofollow
1 Comment	Internal Links	Dofollow
View All	Internal Links	Dofollow
No Anchor Text	Internal Links	Dofollow
Privacy Policy	Internal Links	Dofollow
About Us	Internal Links	Dofollow
Contact Us	Internal Links	Dofollow
Disclaimer	Internal Links	Dofollow
Mental Health Topics	Internal Links	Dofollow
Write For Us	Internal Links	Dofollow
Facebook	External Links	Dofollow

Twitter	External Links	Dofollow
Pinterest	External Links	Dofollow
Instagram	External Links	Dofollow
Linkedin	External Links	Dofollow
RSS	External Links	Dofollow
Snapchat	External Links	Dofollow

While there's no exact limit to the number of links you should include on a page, best practice is to avoid exceeding 200 links.

Links pass value from one page to another, but the amount of value that can be passed is split between all of the links on a page. This means that adding unnecessary links will dilute the potential value attributed to your other links.

Using the Nofollow attribute prevents value from being passed to the linking page, but it's worth noting that these links are still taken into account when calculating the value that is passed through each link, so Nofollow links can also dilute pagerank.

Website SEO Stats

Broken Links

No broken links were found on this web page

Broken links send users to non-existing web pages. They are bad for your site's usability, reputation and SEO. If you find broken links in the future, take the time to replace or remove each one.

Website SEO Stats