

Contact: [i@seoguide.co](mailto:i@seoguide.co) |

Website: <https://seoguide.co/>

Generated At: 2021-03-10 23:32:42

## Domain Name - [dailystrength.org](https://dailystrength.org)

### WhoIs Information

**Registered :** No

**Domain age :** 0 Years 0 Months 0 Days

**Tech email :**

**Name servers :**

**Created at :**

**Changed at :**

**Expire at :**

**Registrant name :**

**Admin name :**

**Registrant country :** 

**Admin country :** 

**Registrant phone :**

**Admin phone :**

### Moz information

**Subdomain normalized :** 0.2630455494

**Subdomain raw :** 0.02630455606

**Url normalized :** 6.199999809

**Url raw :** 0.6200000048

**Http status code :** 301

**Domain authority :** 77

**Page authority :** 62

**External quality link :** 5936

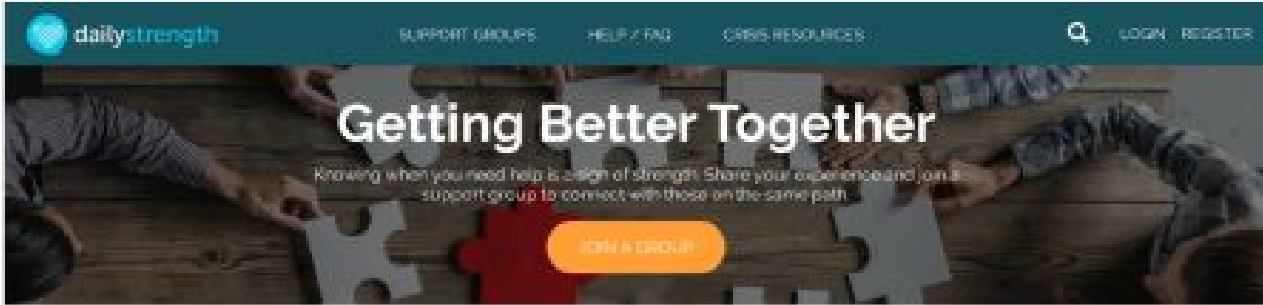
**Links :** 7751

### Link information

**Backlink count :** 5,936

**Total link count :** 7,751

**Mozrank :** 6.199999809



POPULAR SUPPORT GROUPS

**Anxiety**  
Category: Anxiety Disorders  
19,998 Members • 5 Online  
Anxiety is a physical condition marked by intense and persistent feelings of distress, fear, angst or dread. General anxiety caused by routine... [READ MORE](#)

**Bipolar Disorder**  
Category: Mental Health  
7,191 Members • 5 Online  
Bipolar disorder is not just a single disorder, but a category of mood disorders marked by periods of abnormally high energy and euphoria, often... [READ MORE](#)

**Depression**  
Category: Mental Health  
20,994 Members • 4 Online  
Depression is a real and debilitating condition that is often misunderstood by family and friends. Its meaning can range from a prolonged period of... [READ MORE](#)

**Post-Traumatic Stress Disorder (PTSD)**  
Category: Anxiety Disorders  
8,404 Members • 3 Online  
Find support with others who have gone through a traumatic experience. Whether you have chronic



Mobile Friendly Check

Performance : 31.25

Emulated Form Factor <b>Mobile</b>
Locale <b>En-US</b>
Category <b>Performance</b>

Field Data

Over the last 30 days, the field data shows that this page has an **Moderate** speed compared to other pages in the Chrome User Experience Report. **We are showing The 75th percentile of FCP and The 95th percentile of FID**

## First Contentful Paint (FCP)

1934 ms

### Metric Category

AVERAGE

## First Input Delay (FID)

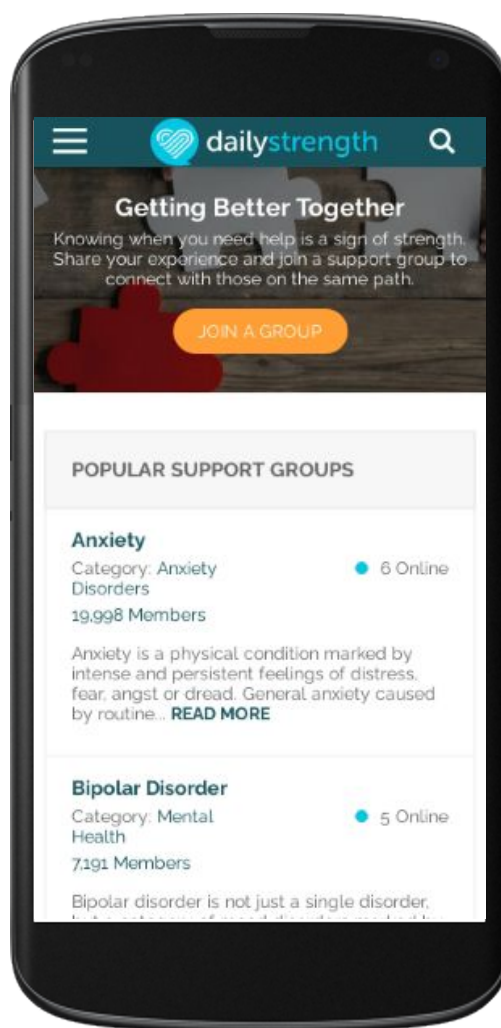
57 ms

### Metric Category

FAST

### Overall Category

AVERAGE



## Origin Summary

All pages served from this origin have a **Slow** speed compared to other pages in the Chrome User Experience Report Over the last 30 days.To view suggestions tailored to each page, analyze individual page URLs.

## First Contentful Paint (FCP)

1649 ms

### Metric Category

AVERAGE

## First Input Delay (FID)

22 ms

### Metric Category

FAST

## Overall Category

SLOW

## Lab Data

### First Contentful Paint

First Contentful Paint marks the time at which the first text or image is painted. [Learn more](#)

3.3 s

### First Meaningful Paint

First Meaningful Paint measures when the primary content of a page is visible. [Learn more](#)

3.3 s

### Speed Index

Speed Index shows how quickly the contents of a page are visibly populated. [Learn more](#)

6.6 s

### First CPU Idle

First CPU Idle marks the first time at which the page's main thread is quiet enough to handle input. [Learn more](#)

14.3 s

### Time to Interactive

Time to interactive is the amount of time it takes for the page to become fully interactive. [Learn more](#)

16.3 s

### Max Potential First Input Delay

The maximum potential First Input Delay that your users could experience is the duration, in milliseconds, of the longest task. [Learn more](#)

1,210 ms

## Audit Data

### Keep request counts low and transfer sizes small

To set budgets for the quantity and size of page resources, add a `budget.json` file. [Learn More](#)

80 requests • 2,459 KiB

### Eliminate render-blocking resources

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn More](#)

Potential savings of 1,850 ms

### Efficiently encode images

Optimized images load faster and consume less cellular data. [Learn More](#)

### Enable text compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn More](#)

Potential savings of 302 KiB

### Serve static assets with an efficient cache policy

A long cache lifetime can speed up repeat visits to your page. [Learn More](#)

27 resources found

### Reduce the impact of third-party code

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. [Learn More](#)

Third-party code blocked the main thread for 1,390 ms

### Network Round Trip Times

Network round trip times (RTT) have a large impact on performance. If the RTT to an origin is high, it's an indication that servers closer to the user could improve performance. [Learn More](#)

0 ms

### Estimated Input Latency

Estimated Input Latency is an estimate of how long your app takes to respond to user input, in milliseconds, during the busiest 5s window of page load. If your latency is higher than 50 ms, users may perceive your app as laggy. [Learn More](#)

580 ms

## First Contentful Paint (3G)

First Contentful Paint 3G marks the time at which the first text or image is painted while on a 3G network. [Learn More](#)

6420 ms

## Total Blocking Time

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds.

3,550 ms

## Reduce JavaScript execution time

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

7.9 s

## Defer offscreen images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn More](#)

Potential savings of 927 KiB

## Server Backend Latencies

Server latencies can impact web performance. If the server latency of an origin is high, it's an indication the server is overloaded or has poor backend performance. [Learn More](#)

0 ms

## Properly size images

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn More](#)

## Remove unused CSS

Remove dead rules from stylesheets and defer the loading of CSS not used for above-the-fold content to reduce unnecessary bytes consumed by network activity. [Learn More](#)

Potential savings of 35 KiB

## Avoids enormous network payloads

Large network payloads cost users real money and are highly correlated with long load times. [Learn More](#)

Total size was 2,459 KiB

## Minimize main-thread work

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

11.6 s

## Serve images in next-gen formats

Image formats like JPEG 2000, JPEG XR, and WebP often provide better compression than PNG or JPEG, which means faster

downloads and less data consumption. [Learn More](#)

Potential savings of 908 KiB

### Avoid chaining critical requests

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

[Learn More](#)

3 chains found

### Avoids enormous network payloads

A large DOM will increase memory usage, cause longer [Learn More](#)

333 elements

### Avoid multiple page redirects

Redirects introduce additional delays before the page can be loaded. [Learn More](#)

Potential savings of 630 ms

### Minify JavaScript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn More](#)

### User Timing marks and measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn More](#)

3 user timings

#### IP Information

**ISP :** AS54790 Sharecare, Inc.

**Ip :** 104.255.93.67

**Country :**  UNITED STATES

**City :** Gainesville

**Region :** Florida

**Timezone :** America/New\_York

**Latitude :** 29.6516

#### Malware Scan Info

**Google safe browser norton :** Safe

**Norton :** untested

#### Search Engine Index Info

**Google index :** 96,800

**Bing index :** 234,000

**Longitude** : -82.3248

**Yahoo index** : 235,000

#### Sites in Same IP

1. dailystrength.org

#### Related Websites

1.

## Social Network Information - dailystrength.org

### Social Network Information

**Facebook share** : 0

**Pinterest Info** : 3

**Facebook comment** : 0

**Xing Info** : 0

**Facebook like** : 0

**Buffer Info** : 5

**Reddit Score** : 0

**Reddit Ups** : 0

**Reddit downs** : 0

## Keyword & Meta Information - dailystrength.org

### TITLE & METATAGS

#### Title

DailyStrength: Online Support Groups and Forums

#### Viewport

width=device-width, initial-scale=1.0001, minimum-scale=1, maximum-scale=1, user-scalable=no

#### Description

Join the support groups and forums in DailyStrength's free, anonymous online community to talk to friendly people facing the same challenges.

**Blocked by robots.txt** : No

**Blocked by meta-robots** : No

**Links nofollowed by meta-robots** : No

**Total keywords** : 734



## Html headings

### H1(1)

1. Getting Better Together

### H2(2)

1. Popular Support Groups
2. Popular Posts

### H3(10)

1. Anxiety
2. Bipolar Disorder
3. Depression
4. Post-Traumatic Stress Disorder (PTSD)
5. Fibromyalgia
6. My Daily Gratuity. 3/4/21 invite
7. I am afraid I am going to lose my oldest sister...
8. Songs with Rain in the title
9. New....My first post...
10. I need some hope

### H4(0)

No h4 tag found

### H5(0)

No h5 tag found

**H6(0)**

No h6 tag found

## KEYWORD ANALYSIS

*== Single word keywords ==*

SINGLE KEYWORDS	OCCURRENCES	DENSITY	POSSIBLE SPAM
Posted	5	0.681 %	No
Reply	5	0.681 %	No
Category	5	0.681 %	No
Members	5	0.681 %	No
Online	5	0.681 %	No
Anxiety	5	0.681 %	No
READ	4	0.545 %	No
condition	3	0.409 %	No
Disorder	3	0.409 %	No
content	3	0.409 %	No
Support	3	0.409 %	No
Groups	3	0.409 %	No
Sharecare	3	0.409 %	No
PTSD	3	0.409 %	No
Fibromyalgia	2	0.272 %	No
end	2	0.272 %	No
Stress	2	0.272 %	No
PostTraumatic	2	0.272 %	No
Depression	2	0.272 %	No
site	2	0.272 %	No

*== Two words keywords ==*

2 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Last Reply	5	0.681 %	No
Posted by	5	0.681 %	No
I have	4	0.545 %	No
is a	4	0.545 %	No
READ MORE	4	0.545 %	No
Support Groups	3	0.409 %	No
I am	3	0.409 %	No
if she	2	0.272 %	No
she would	2	0.272 %	No
Disorder PTSD	2	0.272 %	No
Stress Disorder	2	0.272 %	No
PostTraumatic Stress	2	0.272 %	No
til the	2	0.272 %	No
Anxiety Disorders	2	0.272 %	No
I've been	2	0.272 %	No
from a	2	0.272 %	No
the end	2	0.272 %	No
for a	2	0.272 %	No
Friends til	2	0.272 %	No
marked by	2	0.272 %	No

**== Three words keywords ==**

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
Stress Disorder PTSD	2	0.272 %	No
Category Anxiety Disorders	2	0.272 %	No
on this site	2	0.272 %	No
til the end	2	0.272 %	No
Friends til the	2	0.272 %	No
to say I	2	0.272 %	No
Category Mental Health	2	0.272 %	No
PostTraumatic Stress Disorder	2	0.272 %	No
Crisis Resources Sharecare	2	0.272 %	No
SUPPORT GROUPS HELP	1	0.136 %	No

3 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
saying that I	1	0.136 %	No
that I have	1	0.136 %	No
I have not	1	0.136 %	No
have not had	1	0.136 %	No
not had sex	1	0.136 %	No
sex with another	1	0.136 %	No
had sex with	1	0.136 %	No
it by saying	1	0.136 %	No
with another man	1	0.136 %	No
another man in	1	0.136 %	No

**== Four words keywords ==**

4 WORD PHRASES	OCCURRENCES	DENSITY	POSSIBLE SPAM
PostTraumatic Stress Disorder PTSD	2	0.272 %	No
Friends til the end	2	0.272 %	No
SUPPORT GROUPS HELP FAQ	1	0.136 %	No
had sex with another	1	0.136 %	No
it by saying that	1	0.136 %	No
by saying that I	1	0.136 %	No
saying that I have	1	0.136 %	No
that I have not	1	0.136 %	No
I have not had	1	0.136 %	No
have not had sex	1	0.136 %	No
not had sex with	1	0.136 %	No
sex with another man	1	0.136 %	No
me preface it by	1	0.136 %	No
with another man in	1	0.136 %	No
another man in the	1	0.136 %	No
man in the 10	1	0.136 %	No
in the 10 years	1	0.136 %	No
the 10 years I've	1	0.136 %	No
10 years I've been	1	0.136 %	No
years I've been in	1	0.136 %	No

## Alexa Information - dailystrength.org

### General information

**Domain name :** dailystrength.org

**Global Rank :** #256,908

**Daily Time on Site :** 3:41

**Search Traffic :** 7.1%

**Bounce Rate :** 42.9%

**Total sites link in :** 5,024

### Top 5 similar sites by audience overlap

Sl	Similar sites	Overlap score
1	mdjunction.com	6.1
2	healingwell.com	5.0
3	supportgroups.com	4.0
4	healthboards.com	4.0
5	healthunlocked.com	3.8

### Top 5 keywords by traffic

Keywords	Search Traffic	Share of voice
No data found!		

### Top 4 keyword gaps

Keywords driving traffic to competitors, but not to this site	Avg. traffic to competitors	Search popularity
bookcrossing	14	31
gun blood unblocked	13	38
gunblood unblocked	13	36
book crossing	13	25

### Top 4 easy-to-rank keywords

Popular keywords within this site`s competitive power	Relevance to this site	Search popularity
lady bird 2017	22	35
star trek generations 1994	29	22
gravity 2013	19	45
nosferatu the vampyre	23	36

Top 4 buyer keywords		
Keywords that show a high purchase intent	Avg. traffic to competitors	Organic competition
best earl grey tea	11	48
online support groups	11	54
tea reviews	11	55
selling tea online regulations	11	42

Top 4 optimization opportunities		
Very popular keywords already driving some traffic to this site	Search popularity	Organic share of voice
adherent clitoris	22	1.91%
unblur course hero	26	0.79%
can methimazole slow your heart rate	13	4.67%
hibiclens on labia	10	4.62%

Top 5 referral sites	
Sites by how many other sites drive traffic to them	Referral sites
wallinside.com	6.1
bookcrossing.com	5.0
dailystrength.org	4.0
steepster.com	4.0
dailygram.com	3.8

Site flow	
Visited just before & right after domain	Visited just before & right after domain percentage
googlecom	30.6%

Visited just before & right after domain	Visited just before & right after domain percentage
googlecom	41.2%

Top 5 audience overlap		
Similar sites to this site	Site's overlap score	Alexa rank
No data found!		

Top 3 audience geography	
Visitors by country	Visitors by country percentage
🇺🇸 United States	81.0%