








# Website review adult-adhdsymptoms.com

Generated on March 03 2026 06:16 AM





The score is 75/100







## SEO Content

	Title	<p>Adult ADHD Symptoms in Men and Women: Full Guide</p> <p><b>Length : 48</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Discover the key symptoms of adult ADHD in men and women. Learn how ADHD shows up differently in adults, common signs, and what to do if you notice symptoms.</p> <p><b>Length : 157</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 1765"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>Adult ADHD Symptoms in Men and Women: Full Guide</td> </tr> <tr> <td>description</td> <td>Discover the key symptoms of adult ADHD in men and women. Learn how ADHD shows up differently in adults, common signs, and what to do if you notice symptoms.</td> </tr> <tr> <td>type</td> <td>website</td> </tr> </tbody> </table>	Property	Content	title	Adult ADHD Symptoms in Men and Women: Full Guide	description	Discover the key symptoms of adult ADHD in men and women. Learn how ADHD shows up differently in adults, common signs, and what to do if you notice symptoms.	type	website				
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	Headings	<table border="1" data-bbox="544 1787 1481 1861"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>10</td> <td>1</td> <td>8</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1892 1257 2056" style="list-style-type: none"> <li>• [H1] Adult ADHD Symptoms: Men vs. Women</li> <li>• [H2] Introduction</li> <li>• [H2] What Is Adult ADHD?</li> <li>• [H2] General Symptoms of Adult ADHD</li> <li>• [H2] ADHD Symptoms in Adult Women</li> </ul>	H1	H2	H3	H4	H5	H6	1	10	1	8	0	0
H1	H2	H3	H4	H5	H6									
1	10	1	8	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] ADHD Symptoms in Adult Men</li><li>• [H2] Emotional and Behavioral Symptoms</li><li>• [H2] Signs of Adult ADHD in Daily Life</li><li>• [H2] Adult ADHD in Women vs. Men: Key Differences</li><li>• [H2] Adult ADHD Diagnosis and Next Steps</li><li>• [H2] FAQ</li><li>• [H3] Dana Morales</li><li>• [H4] About the Author</li><li>• [H4] Connect with Dana</li><li>• [H4] What are the first signs of adult ADHD?</li><li>• [H4] Do symptoms of ADHD differ in men and women?</li><li>• [H4] Can ADHD start in adulthood (adult-onset ADHD)?</li><li>• [H4] How is adult ADHD diagnosed?</li><li>• [H4] What are common emotional symptoms of adult ADHD?</li><li>• [H4] Can untreated ADHD get worse with age?</li></ul>
	Images	We found 10 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : <b>61%</b> Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 10 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

## In-page links

Anchor	Type	Juice
<a href="#">Introduction</a>	Internal	Passing Juice
<a href="#">Symptoms</a>	Internal	Passing Juice
<a href="#">Emotional</a>	Internal	Passing Juice
<a href="#">Daily Life</a>	Internal	Passing Juice
<a href="#">Differences</a>	Internal	Passing Juice
<a href="#">Diagnosis</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">What Is</a>	Internal	Passing Juice
<a href="#">Women</a>	Internal	Passing Juice
<a href="#">Men</a>	Internal	Passing Juice

## SEO Keywords



Keywords Cloud

missed emotional **women** work men time  
**adhd symptoms** restlessness **adult**

## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
adhd	35	✓	✗	✓	✓
adult	30	✓	✗	✓	✓
symptoms	23	✓	✗	✓	✓
women	16	✓	✗	✓	✓
restlessness	12	✗	✗	✗	✗

## Usability














Url

Domain : adult-adhdsymptoms.com  
Length : 22

## Usability

	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Attention! Try to avoid nested tables in HTML.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Perfect, your website has few JavaScript files.</li><li> Perfect, your website takes advantage of gzip.</li></ul>




## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li></ul>
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## Mobile

- ✔ Meta Viewport Tag
- ✔ Flash content

## Optimization

	XML Sitemap	Great, your website has an XML sitemap. <a href="https://adult-adhdsymptoms.com/sitemap.xml">https://adult-adhdsymptoms.com/sitemap.xml</a>
	Robots.txt	<a href="http://adult-adhdsymptoms.com/robots.txt">http://adult-adhdsymptoms.com/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Missing We didn't 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.