



# Performance Report for: <https://dralexoliverpsychology.com/>

Report generated: Thu, Mar 7, 2024 12:29 PM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>A</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	100%	100%	535ms	0ms	0.01

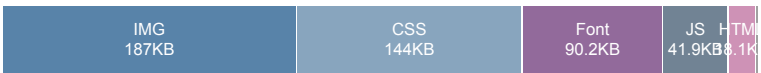
## Top Issues

Low	Serve static assets with an efficient cache policy	Potential savings of 17.3KB
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 485KB
Low	Properly size images	Potential savings of 137KB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 110KB

## Page Details



### Total Page Size - 483KB



### Total Page Requests - 32



## How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

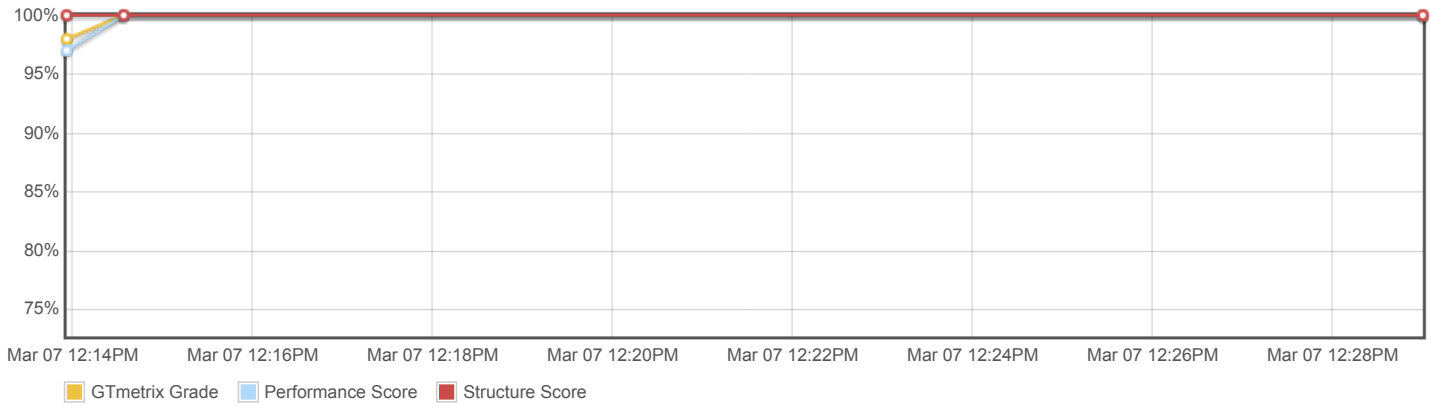
## About GTmetrix



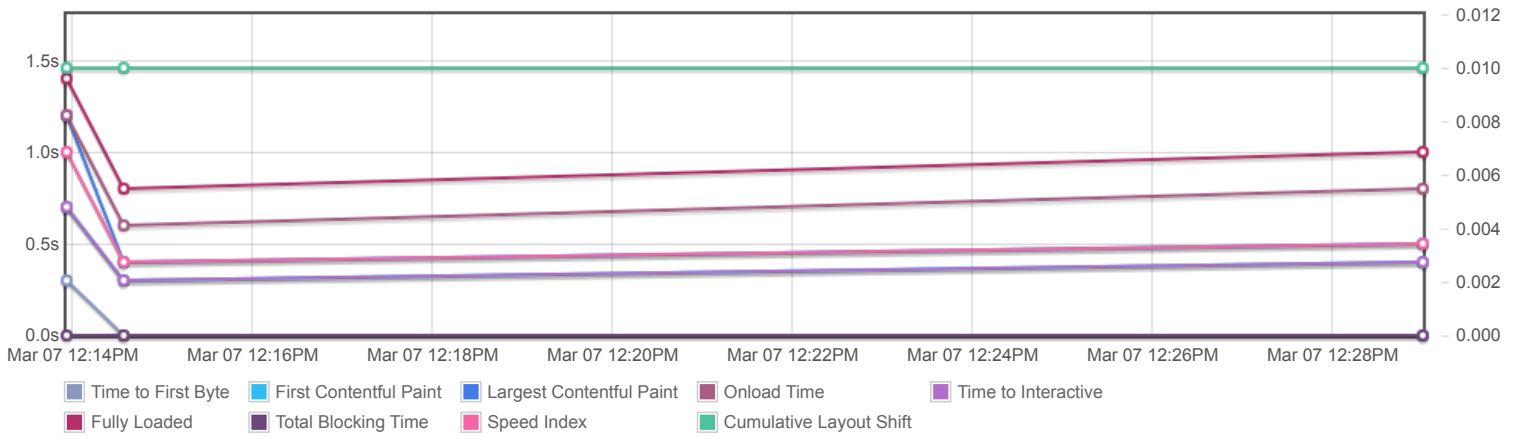
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

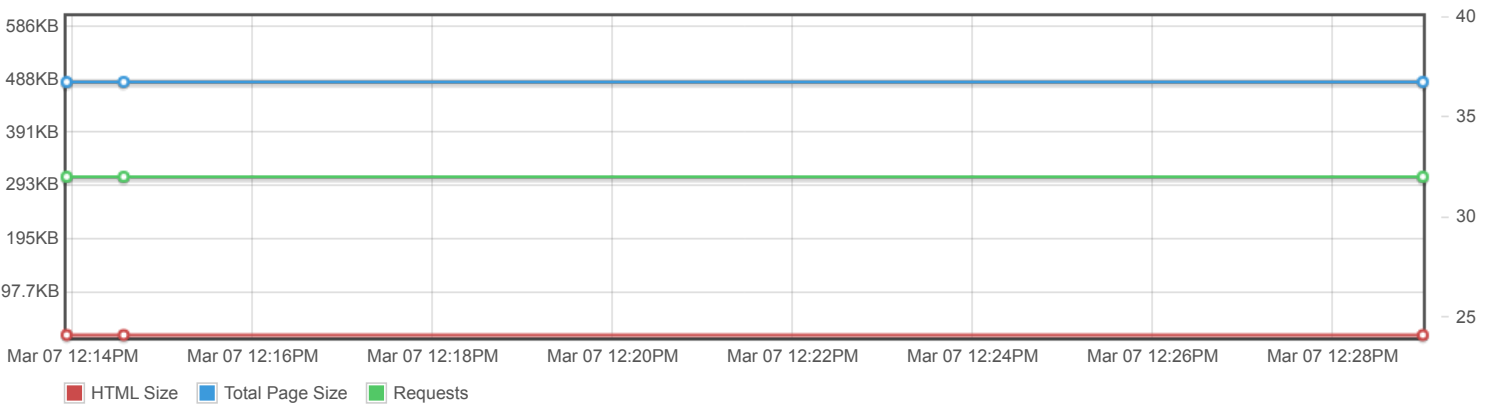
Page scores



Page metrics

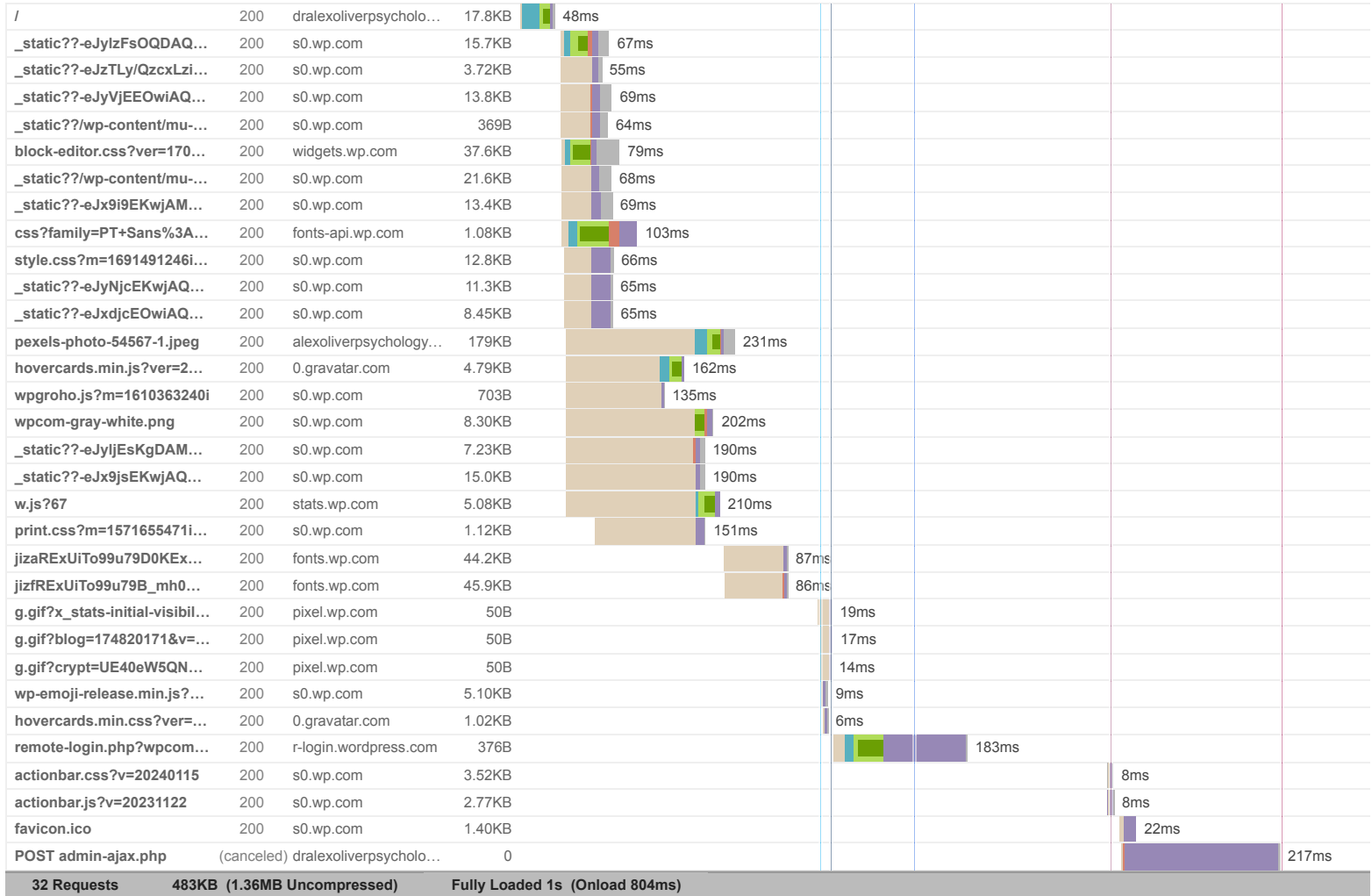


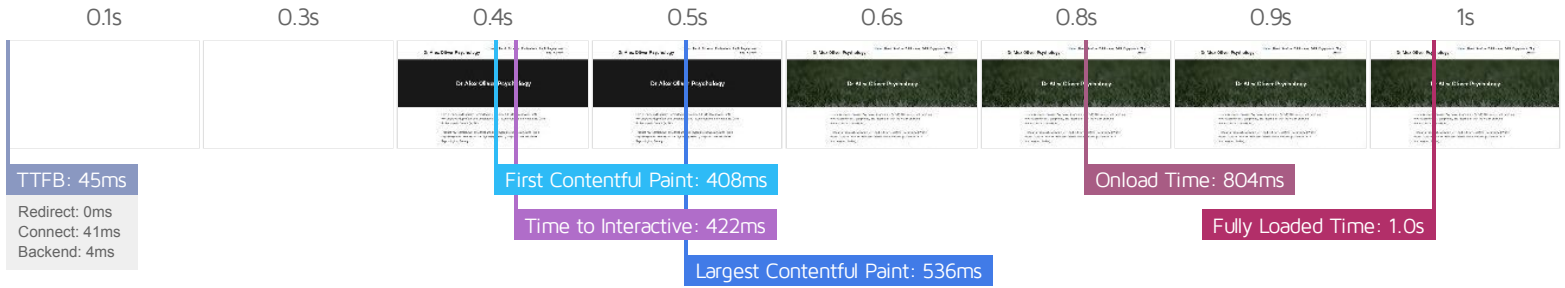
Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

## Dr Alex Oliver Psychology





### Performance Metrics

<p><b>First Contentful Paint</b></p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p><b>408ms</b></p>	<p><b>Time to Interactive</b></p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p><b>421ms</b></p>
<p><b>Speed Index</b></p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p><b>506ms</b></p>	<p><b>Total Blocking Time</b></p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p><b>0ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p><b>535ms</b></p>	<p><b>Cumulative Layout Shift</b></p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p><b>0.01</b></p>

### Browser Timings

Redirect	0ms	Connect	41ms	Backend	4ms
TTFB	45ms	DOM Int.	402ms	First Paint	408ms
DOM Loaded	422ms	Onload	804ms	Fully Loaded	1.0s

IMPACT AUDIT

**Low** **Serve images in next-gen formats** Potential savings of 54.8KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://alexoliverpsychology.files.wordpress.com/2020/03/pexels-photo-54567-1.jpeg">https://alexoliverpsychology.files.wordpress.com/2020/03/pexels-photo-54567-1.jpeg</a>	179KB	54.8KB

**Low** **Defer offscreen images** Potential savings of 8.01KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://s0.wp.com/i/logo/wpcom-gray-white.png">https://s0.wp.com/i/logo/wpcom-gray-white.png</a>	8.01KB	8.01KB

**Low** **Minify JavaScript** FCP LCP Potential savings of 5.58KB

Minifying JavaScript files can reduce payload sizes and script parse time.

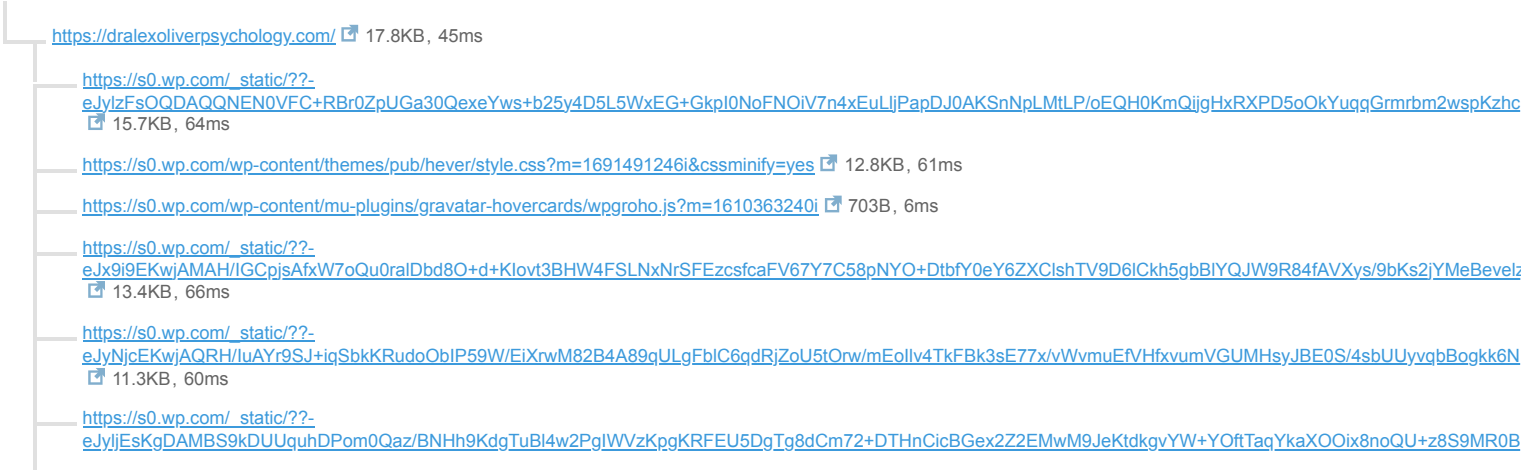
URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://s0.wp.com/static/??-eJx9jsEKwjAQRH/ldCxFrAfxU6Rdg2ya3Q0mob9vDtZDEY/zmDcM1uTltHgtkOpSrE/WDDKRhizkxWeEHehCPuC3GHxJey2fDDFT3FkJc+X4AE0vq9nHb28DnbD+md1gbk3tyS427ybX/nwcT8OIH8bwBsh3T0U=">https://s0.wp.com/static/??-eJx9jsEKwjAQRH/ldCxFrAfxU6Rdg2ya3Q0mob9vDtZDEY/zmDcM1uTltHgtkOpSrE/WDDKRhizkxWeEHehCPuC3GHxJey2fDDFT3FkJc+X4AE0vq9nHb28DnbD+md1gbk3tyS427ybX/nwcT8OIH8bwBsh3T0U=</a>	15.0KB	3.21KB
<a href="https://s0.wp.com/static/??-eJxdjceOWiAQRH9IXHowjQfjpxgoa7MUdgsrf69PaiJHufNywxsxUzCiqwQG2TxIND0htXNOzPEdznGdoBfryY1pcrj+d/bkrqM3GDIfrctLzZpI38YbcVOUgF11WyuU6Xpa68UUERf1sB3SgESEvBZki2vFGbch6/5MozW2nE4nW18AU6SHY=">https://s0.wp.com/static/??-eJxdjceOWiAQRH9IXHowjQfjpxgoa7MUdgsrf69PaiJHufNywxsxUzCiqwQG2TxIND0htXNOzPEdznGdoBfryY1pcrj+d/bkrqM3GDIfrctLzZpI38YbcVOUgF11WyuU6Xpa68UUERf1sB3SgESEvBZki2vFGbch6/5MozW2nE4nW18AU6SHY=</a>	8.45KB	2.37KB

**Low** **Avoid chaining critical requests** FCP LCP 17 chains found

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.

Maximum critical path latency: **808ms**

INITIAL NAVIGATION



- 7.23KB, 14ms
- [https://s0.wp.com/\\_static/??/wp-content/mu-plugins/core-compat/wp-mediaelement.css/\\_wp-content/mu-plugins/wpcom-bbpress-premium-themes.css?m=1432920480j&cssminify=yes](https://s0.wp.com/_static/??/wp-content/mu-plugins/core-compat/wp-mediaelement.css/_wp-content/mu-plugins/wpcom-bbpress-premium-themes.css?m=1432920480j&cssminify=yes) 676B, 61ms
- <https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309> 37.6KB, 76ms
- [https://s0.wp.com/\\_static/??-eJx9jsEKwjAQRH/ldCxFrAfXU6Rdg2ya3Q0mob9vDiZDEY/zmDcM1uTtHgtkOpSrE/WDDKRrhizkxWeEHehCPuC3GHxJEy2fDDFT3FkJc+X4AE0vg9nHb28DnbD+md1qbk3tyS42](https://s0.wp.com/_static/??-eJx9jsEKwjAQRH/ldCxFrAfXU6Rdg2ya3Q0mob9vDiZDEY/zmDcM1uTtHgtkOpSrE/WDDKRrhizkxWeEHehCPuC3GHxJEy2fDDFT3FkJc+X4AE0vg9nHb28DnbD+md1qbk3tyS42) 15.0KB, 14ms
- <https://s0.wp.com/wp-content/mu-plugins/actionbar/actionbar.css?v=20240115> 3.52KB, 7ms
- [https://s0.wp.com/\\_static/??-eJzTLy/QzcxLziiiNSS3WzrWz01NyUxMzUnNTc0rQeEU5CRWphbp5qSmJyZX6uVm5uklFxf6OPTDpRD5sM02efaGpoZmFKYGRuZGmQBAHPvL0Y=&cssminify=yes](https://s0.wp.com/_static/??-eJzTLy/QzcxLziiiNSS3WzrWz01NyUxMzUnNTc0rQeEU5CRWphbp5qSmJyZX6uVm5uklFxf6OPTDpRD5sM02efaGpoZmFKYGRuZGmQBAHPvL0Y=&cssminify=yes) 3.72KB, 52ms
- [https://s0.wp.com/\\_static/??-eJyVjEEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0ImBj8VfMICWbCmHmJmDP3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YL/LJqTmAP/yH35ZkZpgzRwXGoialSqG46R5](https://s0.wp.com/_static/??-eJyVjEEOWiAQAD/ksgGN4sH4Fko3hJYCYZea/r49mF6Nx0ImBj8VfMICWbCmHmJmDP3AgVgAIRU/M04k1fkZkttKFwgtjsiyJVKe+YL/LJqTmAP/yH35ZkZpgzRwXGoialSqG46R5) 13.8KB, 67ms
- [https://s0.wp.com/\\_static/??-eJxdjcEOwiAQRH9IXHowjQfjpxgoa7MUdkgksrf69PaiJHufNywxuZzCiqwQG2TxIND0htXNOzPEdznGdoBfryY1pcrj+d/lbkrqM3GDIFrctLzzPi38YbcVOUgF11WYU6Xpa68UUERf1s](https://s0.wp.com/_static/??-eJxdjcEOwiAQRH9IXHowjQfjpxgoa7MUdkgksrf69PaiJHufNywxuZzCiqwQG2TxIND0htXNOzPEdznGdoBfryY1pcrj+d/lbkrqM3GDIFrctLzzPi38YbcVOUgF11WYU6Xpa68UUERf1s) 8.45KB, 60ms
- [https://s0.wp.com/\\_static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css/\\_i/noticons/noticons.css?m=1436783281j&cssminify=yes](https://s0.wp.com/_static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css/_i/noticons/noticons.css?m=1436783281j&cssminify=yes) 21.6KB, 65ms
- <https://0.gravatar.com/js/hovercards/hovercards.min.js?ver=202410131f6b765e798866d728f95661b78bbf269c86482ffff0fa8c08e18a1a65cc89> 4.79KB, 33ms
- <https://0.gravatar.com/js/hovercards/hovercards.min.css?ver=202410131f6b765e798866d728f95661b78bbf269c86482ffff0fa8c08e18a1a65cc89> 1.02KB, 5ms
- <https://fonts-api.wp.com/css?family=PT+Sans%3A400%2C400i%2C700%2C700i&subset=latin%2Clatin-ext&display=swap> 1.08KB, 94ms
- [https://fonts.wp.com/s/ptsans/v17/jjzfrExUiTo99u79B\\_mh0O6tLQ.woff2](https://fonts.wp.com/s/ptsans/v17/jjzfrExUiTo99u79B_mh0O6tLQ.woff2) 46.3KB, 20ms
- <https://fonts.wp.com/s/ptsans/v17/jjaRExUiTo99u79D0KExQ.woff2> 44.5KB, 21ms

N/A	<b>Avoid an excessive DOM size</b> TBT	199 elements
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A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		199
Maximum DOM Depth	Email (Required) <label for="jp-carousel-comment-form-email-field">	13
Maximum Child Elements	body.home <body class="home page-template-default page page-id-5 wp-embed-responsive customizer-s...">	26

N/A	<b>Largest Contentful Paint element</b> LCP	540 ms
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This is the largest contentful element painted within the viewport.

ELEMENT

```

article#post-5 > div.entry-content > div.wp-block-cover > img.wp-block-cover__image-background
<img data-attachment-id="117" data-permalink="https://dralexoliverpsychology.com/blog/pexels-photo-54567-1/" data-orig-file="https://alexoliverpsychology.files.wordpress.com/2020/03/pexels-photo-5456..." data-orig-size="1880,1056" data-comments-opened="1" data-image-meta="{&quot;aperture&quot;:&quot;0&quot;;&quot;credit&quot;:&quot;&quot;;&quot;camera&quot;:&quot;&quot;;&quot;caption&quot;:&quot;&quot;;&quot;created_timestamp&quot;:&quot;&quot;;..." data-image-title="white and green grass during day" data-image-description="" data-image-caption="<p ...>

```

PHASE	% OF LCP	TIMING
TTFB	8%	45ms
Load Delay	36%	193ms
Load Time	10%	55ms
Render Delay	45%	241ms

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 12ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
<a href="https://s0.wp.com/ static/??-eJyZFsOQDAQQNEN0VFC+RBr0ZpUGa30QexeYws+b25y4D5L5WxEG+Gkpl0NoFNOiV7n4xEuLijPapDJ0AKSnNpLMTLP/oEQH0KmQijgHxRXPd5oOkYuqqGrmrBm2wspKzhc&amp;cssminify=yes">https://s0.wp.com/ static/??-eJyZFsOQDAQQNEN0VFC+RBr0ZpUGa30QexeYws+b25y4D5L5WxEG+Gkpl0NoFNOiV7n4xEuLijPapDJ0AKSnNpLMTLP/oEQH0KmQijgHxRXPd5oOkYuqqGrmrBm2wspKzhc&amp;cssminify=yes</a>	15.7KB	910ms
<a href="https://s0.wp.com/ static/??-eJzTLy/QzcxLziINSS3WzYrWz01NyUxMzUnNTc0rQeEU5CRWphbp5qSmJyZX6uVm5uklFxf6OPTDpRD5sM02efaGpoZmFkYGRuZGmQBAHPvL0Y=&amp;cssminify=yes">https://s0.wp.com/ static/??-eJzTLy/QzcxLziINSS3WzYrWz01NyUxMzUnNTc0rQeEU5CRWphbp5qSmJyZX6uVm5uklFxf6OPTDpRD5sM02efaGpoZmFkYGRuZGmQBAHPvL0Y=&amp;cssminify=yes</a>	3.72KB	150ms
<a href="https://s0.wp.com/ static/??-eJyVjEEOWiAQAD/ksgGN4sH4Fko3hJCYZea/r49mF6Nx0ImBj8VfMICWbCmHmJmDP3AgVqAIRU/M04k1fkZkttKfWgtsiyJVKe+YL/LJqTmAP/yH35ZkZppqzRwXGoial_SqG46R5TTgHL2XI75bba/GPB/TDthVT3U=&amp;cssminify=yes">https://s0.wp.com/ static/??-eJyVjEEOWiAQAD/ksgGN4sH4Fko3hJCYZea/r49mF6Nx0ImBj8VfMICWbCmHmJmDP3AgVqAIRU/M04k1fkZkttKfWgtsiyJVKe+YL/LJqTmAP/yH35ZkZppqzRwXGoial_SqG46R5TTgHL2XI75bba/GPB/TDthVT3U=&amp;cssminify=yes</a>	13.8KB	150ms
<a href="https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309">https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309</a>	37.6KB	1.2s
<a href="https://s0.wp.com/ static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css,/i/noticons/noticons.css?m=1436783281j&amp;cssminify=yes">https://s0.wp.com/ static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css,/i/noticons/noticons.css?m=1436783281j&amp;cssminify=yes</a>	21.6KB	300ms
<a href="https://s0.wp.com/ static/??-eJx9i9EKWjAMAH/IGCpjsAfxW7oQu0ralDbd8O+d+Klovt3BHW4FSLNxnRsfEzcsfcaFV67Y7C58pNYO+DtbY0eY6ZXCishTV9D6iCkh5gbBIYQJW9R84AVXys/9bKs2jYMeBevelzugSzGyc3TO40jLChjTdOxQ==&amp;cssminify=yes">https://s0.wp.com/ static/??-eJx9i9EKWjAMAH/IGCpjsAfxW7oQu0ralDbd8O+d+Klovt3BHW4FSLNxnRsfEzcsfcaFV67Y7C58pNYO+DtbY0eY6ZXCishTV9D6iCkh5gbBIYQJW9R84AVXys/9bKs2jYMeBevelzugSzGyc3TO40jLChjTdOxQ==&amp;cssminify=yes</a>	13.4KB	150ms
<a href="https://fonts-api.wp.com/css?family=PT+Sans%3A400%2C400i%2C700%2C700i&amp;subset=latin%2Clatin-ext&amp;display=swap">https://fonts-api.wp.com/css?family=PT+Sans%3A400%2C400i%2C700%2C700i&amp;subset=latin%2Clatin-ext&amp;display=swap</a>	1.08KB	783ms
<a href="https://s0.wp.com/wp-content/themes/pub/hever/style.css?m=1691491246i&amp;cssminify=yes">https://s0.wp.com/wp-content/themes/pub/hever/style.css?m=1691491246i&amp;cssminify=yes</a>	12.8KB	150ms
<a href="https://s0.wp.com/ static/??-eJyNjcEKWjAQRH/luAYr9Sj+igSbkKRudoObIP59W/EiXrwM82B4A89qULgFblC6qdRjZoU5tOrw/mEollv4TkFBk3sE77x/vWvmuEFVHfxvumVGUMHsyJBE0S/4sbUUyvgbBoqkk6NtcC0XOx6O9jyeBjsvURNJlw==&amp;cssminify=yes">https://s0.wp.com/ static/??-eJyNjcEKWjAQRH/luAYr9Sj+igSbkKRudoObIP59W/EiXrwM82B4A89qULgFblC6qdRjZoU5tOrw/mEollv4TkFBk3sE77x/vWvmuEFVHfxvumVGUMHsyJBE0S/4sbUUyvgbBoqkk6NtcC0XOx6O9jyeBjsvURNJlw==&amp;cssminify=yes</a>	11.3KB	150ms
<a href="https://s0.wp.com/ static/??-eJxdjcEOwiAQRH9IXHowjQfjpxgoa7MUdgsrf69PaiJHufNywxUzCiqwQG2TxIND0htXNOzPEdznGdoBfry1pcrj+d/lbkqM3GDIFrctLzzPi38YbcVOUgF11WYU6Xpa68UUERf1sB3SgESeVBZkI2vFGbcH6/5MozW2nE4nW18AUn6SHY=">https://s0.wp.com/ static/??-eJxdjcEOwiAQRH9IXHowjQfjpxgoa7MUdgsrf69PaiJHufNywxUzCiqwQG2TxIND0htXNOzPEdznGdoBfry1pcrj+d/lbkqM3GDIFrctLzzPi38YbcVOUgF11WYU6Xpa68UUERf1sB3SgESeVBZkI2vFGbcH6/5MozW2nE4nW18AUn6SHY="</a>	8.45KB	150ms

N/A **Reduce JavaScript execution time** TBT 51ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
<a href="https://dralexoliverpsychology.com/">https://dralexoliverpsychology.com/</a>	208ms	33ms	3ms
Unattributable	153ms	14ms	0ms

N/A **Reduce initial server response time** FCP LCP Root document took 3ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
<a href="https://dralexoliverpsychology.com/">https://dralexoliverpsychology.com/</a>	3ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 12.3KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL POTENTIAL SAVINGS  
<https://stats.wp.com/w.js?67> 12.3KB  
 Line:0 Column:8509 `Array.prototype.forEach`

N/A **Avoid large layout shifts** CLS 3 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Dr Alex Oliver Psychology <code>&lt;h1 class="has-text-align-center has-background-color has-text-color wp-block-heading" id="dr-alex-oliver-psychology"&gt;</code>	0.00
Home About Services Publications Public Engagement Blog Contact <code>&lt;ul id="menu-primary-1" class="main-menu" aria-label="submenu"&gt;</code>	0.00
Dr Alex Oliver Psychology <code>&lt;a href="https://dralexoliverpsychology.com/" rel="home"&gt;</code>	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 472ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	205ms
Style & Layout	102ms
Script Evaluation	83ms
Parse HTML & CSS	71ms
Script Parsing & Compilation	6ms
Rendering	2ms

N/A **Reduce the impact of third-party code** TBT Total size was 467KB

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.



THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
<b>WORDPRESS</b>	364KB	0ms
• <a href="https://alexoliverpsychology.files.wordpress.com/2020/03/pexels-photo-54567-1.jpeg">https://alexoliverpsychology.files.wordpress.com/2020/03/pexels-photo-54567-1.jpeg</a>	179KB	0ms
• <a href="https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309">https://widgets.wp.com/verbum-block-editor/block-editor.css?ver=1705430309</a>	37.6KB	0ms
• <a href="https://s0.wp.com/Static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css,./noticons/noticons.css?m=1436783281j&amp;cssminify=yes">https://s0.wp.com/Static/??/wp-content/mu-plugins/comment-likes/css/comment-likes.css,./noticons/noticons.css?m=1436783281j&amp;cssminify=yes</a>	21.6KB	0ms
• Other resources	125KB	0ms
<b>WP.COM</b>	91.9KB	0ms
• <a href="https://fonts.wp.com/s/ptsans/v17/jjzfRExUiTo99u79B_mh0O6tLQ.woff2">https://fonts.wp.com/s/ptsans/v17/jjzfRExUiTo99u79B_mh0O6tLQ.woff2</a>	46.3KB	0ms
• <a href="https://fonts.wp.com/s/ptsans/v17/jjzaRExUiTo99u79D0KExQ.woff2">https://fonts.wp.com/s/ptsans/v17/jjzaRExUiTo99u79D0KExQ.woff2</a>	44.5KB	0ms
<b>GRAVATAR</b>	5.82KB	0ms
• <a href="https://0.gravatar.com/js/hovercards/hovercards.min.js?ver=202410131f6b765e798866d728f95661b78bbf269c86482fff0fa8c08e18a1a65cc89">https://0.gravatar.com/js/hovercards/hovercards.min.js?ver=202410131f6b765e798866d728f95661b78bbf269c86482fff0fa8c08e18a1a65cc89</a>	4.79KB	0ms
<b>WORDPRESS SITE STATS</b>	5.59KB	0ms
• <a href="https://stats.wp.com/w.js?67">https://stats.wp.com/w.js?67</a>	5.08KB	0ms

N/A

### User Timing marks and measures

No user timings and/or marks found.