

Jacob Palme:

Multi-lingual content management

Experience from the multi-lingual web site
<http://web4health.info/>

1000 informational pages, each in multiple languages

Statistics March 2008:

909 142 visitors

2 899 676 page downloads

Abstract: This page gives a number of useful smoking quit tips which will help you find the best way to quit smoking for you.

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▶ [Answers](#)

MORE INFO
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psychology

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Anorexia
Anxiety, panic
Bulimia
Burnout
Depression
Healthy living
Instability
Life
Mood swings
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Independent
medical
expert
answers

Smoking Quit Tips; Best Way to Quit Smoking

Intelligent natural language question-answering in the area of psychology and psychiatry. Ask a simple question Info

Submit question

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Written by: [Wendy Moelker](#), Psychologist in charge, tutor, Emergis center for mental health care, Goes, the Netherlands.

First version: 25 Nov 2006. Latest revision: 26 Mar 2007.

Question(s):

What is the best way to quit smoking?

Answer:

To quit smoking, you can do the following things:

Write down the reasons why you smoke.

Know in which situations you like to smoke best.

You should know these situations very well (for example, when you are having a good time) and start to think of a solution for how you want to deal with that situation. [More.](#)

- Determine the day you will stop. That can be tomorrow, but you can also wait for a more favourable moment.
- Tell the people around you that you are going to quit. Possibly with somebody else.
- Take away everything that reminds you of smoking.

Gehe zu:

- ▼ Neue Frage

- ▶ Antworten

AKTUELL:

Gesundheit
Weblog

WEITER

Web4Health:
Gesundheit und
Psychologie


THEMEN

Sucht
Behandlung
ADHS / HKS
Anorexie
Magersucht
Angst, Panik
Bulimie
Depressionen
Burnout
Problem
Gesundheit
Gesund Essen
Psychosomatik
Impulsivitaet
Übergewicht,
Adipositas
Phobien
Therapie
Medikamente
Paartherapie
Sexuelle
Probleme



Psychologische
Beratung und
Antworten zu
ihrer
Gesundheit

Nichtraucher werden : Mit dem Rauchen aufhören

Schreiben sie eine Frage  Info

Frage stellen

Abstrakt: Nichtraucher werden: Tips wie man mit dem Rauchen aufhören kann

Google-Anzeigen

[Ritalin Pill](#)

[Bipolar](#)

[Symptoms](#)

[Ritalin Drug](#)

[Anxiety](#)

▲ Top ↔ Diskussion ↔ Fragen an die Experten  Drucken

Geschrieben von: [Wendy Moelker](#), Psychologist in charge, tutor, Emergis center for mental health care, Goes, the Netherlands.

Frage(n):

Erstfassung: 20 Mrz 2004. Geändert: 03 Feb 2008.

Geben Sie mir Tipps, wie man am besten mit dem Rauchen aufhört
Wie werde ich Nichtraucher?

Antwort:

Um Nichtraucher zu werden, können Sie Folgendes tun:

Schreiben Sie die Gruende auf, warum Sie mit dem Rauchen aufhören möchten.

Seien Sie sich darueber im Klaren, in welchen Situationen Sie am liebsten rauchen.

Sie sollten genau wissen, welche Situationen das sind und sich ueberlegen, wie sie mit der Situation umgehen, ohne zu rauchen. [Mehr.](#)

Startsida

Sök

Bläddra

Forum

Fråga experten

Oläst

Logga in/ut

Om mig

Gå till:

▼ Ny Fråga

▶ Svar

MER INFO

Web4Health:
Hälsa och
psykologi

KATEGORIER

Anorexia

ADHD

Behandling

Bulimia

Depression

Fetma

Fobier

Hälsa

Instabilitet

Livet

Läkemedel

Missbruk

Personlighet

Relationer

Sex

Stress

Sömnen

Terapi

Utbrändhet

Ångest, panik

Alla svar



Svar från
EU-s
medicinska
experter

Tips när man vill sluta röka

Intelligenta svar på frågor i naturligt språk inom området
psykologi och psykiatri. Skriv en kort fråga Info

Submit question

[Google-annonser](#)

[Behandlingshem](#)

▲ Överst ↔ Diskutera detta ↔ Fråga experten 🖨 Skriv ut

Författare: Wendy Moelker. [Wendy Moelker](#), Psychologist in charge, tutor, Emergis center for mental health care, Goes, the Netherlands.

Första versionen: 20 mar 2004. Senast ändrad: 24 nov 2006.

Kan jag få några tips på hur man kan sluta röka?

Svar:

För att sluta röka, kan du göra följande:

Skriv ner orsakerna till varför du vill sluta röka.

Undersök i vilka situationer du tycker om att röka mest. Du bör vara mycket klar över vilka dessa situationer är (t ex när du roar dig) så att du kan ha färdiga lösningar för hur du ska hantera dessa situationer. [More.](#)

- Bestäm dig för vilken dag du vill sluta. Det kan vara imorgon, men det kan också vara vid

Text and Structure

Subject trees

Fears, Phobias

Different Kinds of Phobias (Fears)

[Social phobia](#) • [Cannot talk to people](#) • [Weight phobia](#) • [Fear to use public toilets](#)

Causes

[Low self-esteem](#) • [Suppressed feelings](#) • [Dreams](#) • [Phobia and anxiety](#) • [Trauma](#)
[Incidence](#)

Incidence

[How many people suffer from phobia](#)

Treatment

[Snake phobia as an example of the treatment of phobia](#) • [Medicines](#) • [More about the treatment of phobia \(external link\)](#)

Internal links

.....
.....

A similar condition may accordingly be classified as anorexia, bulimia or overweight depending on how much a person weighs. For example, a person can begin with anorexia and then go over to bulimia.

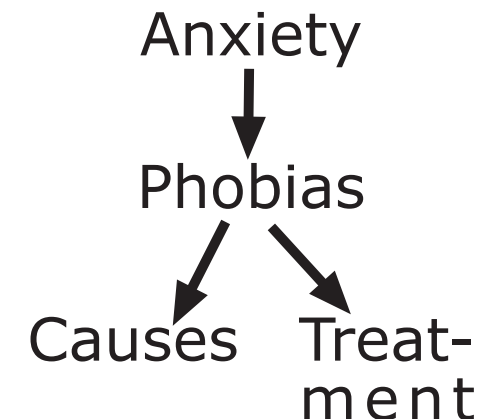
[Causes of anorexia](#)
[Treatment of anorexia](#)

Classification or semantic web

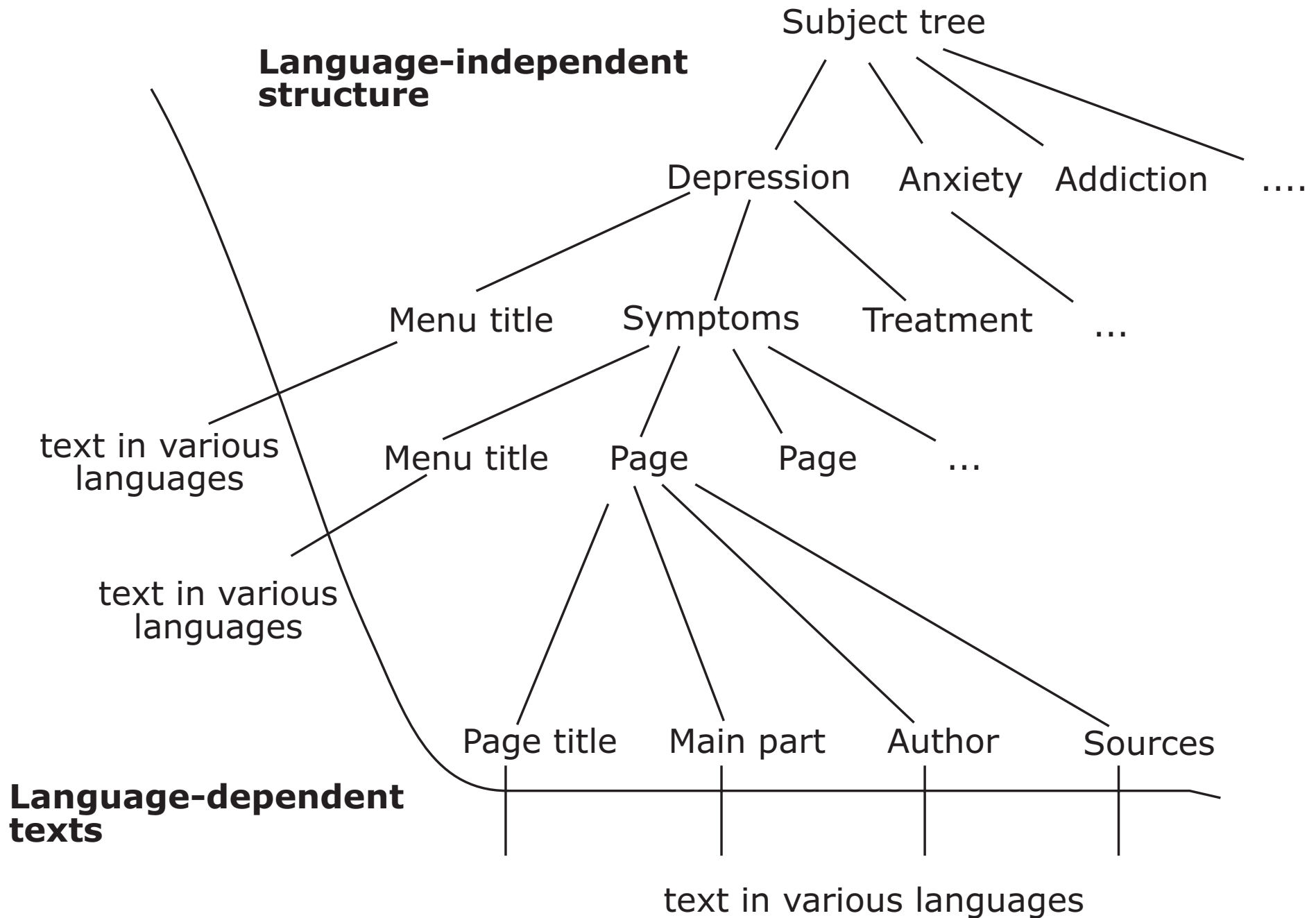
INTELLIGENT NATURAL-LANGUAGE QUESTION-ANSWERING

Ask a simple question in one sentence (Note: Our answers are not oriented towards somatic - body - medicine): [i](#)

Submit Question



Separate structure and translatable texts



Translate from: English

Language: English

Title: [Help](#)

Smoking Quit Tips; Best Way to Quit Smoking

No ads: false

Question(s): [i](#)

What is the best way to quit smoking?

Identifier: [i](#)

add-smoking-tips

Reference name: Tips to quit smoking

Date-created: [i](#) 25 Nov 2006

Date-last-modified: [i](#) 26 Mar 2007

Body: [i](#)

advice advise how quit stop tip tips

Optional: [i](#)

abuse* inhal* snort*

Forbidden: [i](#)

Not desired: false

Limit: [i](#) 1

Meta-description: [i](#)

This page gives a number of useful smoking quit tips which will help you find the best way to quit smoking for you.

Meta-keywords: [i](#)

Translate to: German

Language: Deutsch

Title: [Help](#)

Nichtraucher werden : Mit dem Rauchen aufhören

No ads: false

Frage(n): [i](#)

Geben Sie mir Tipps, wie man am besten mit dem Rauchen aufhört
Wie werde ich Nichtraucher?

Bezeichnung: [i](#)

add-smoking-tips

Reference name: Tips um mit dem Rauchen aufzuhören

Geschrieben am: [i](#) 20 Mrz 2004

Zuletzt aktualisiert: [i](#) 03 Feb 2008

Text: [i](#)

Priorität: [i](#)

Optional: [i](#)

Verboten: [i](#)

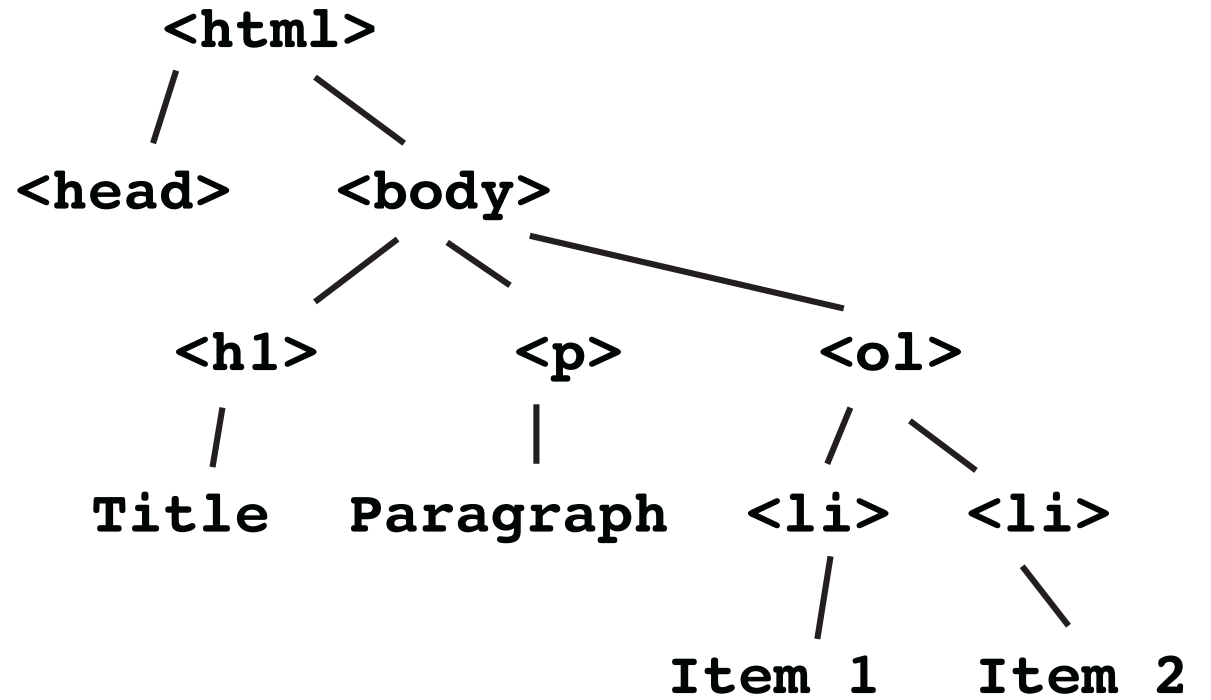
Nicht gewünscht: false

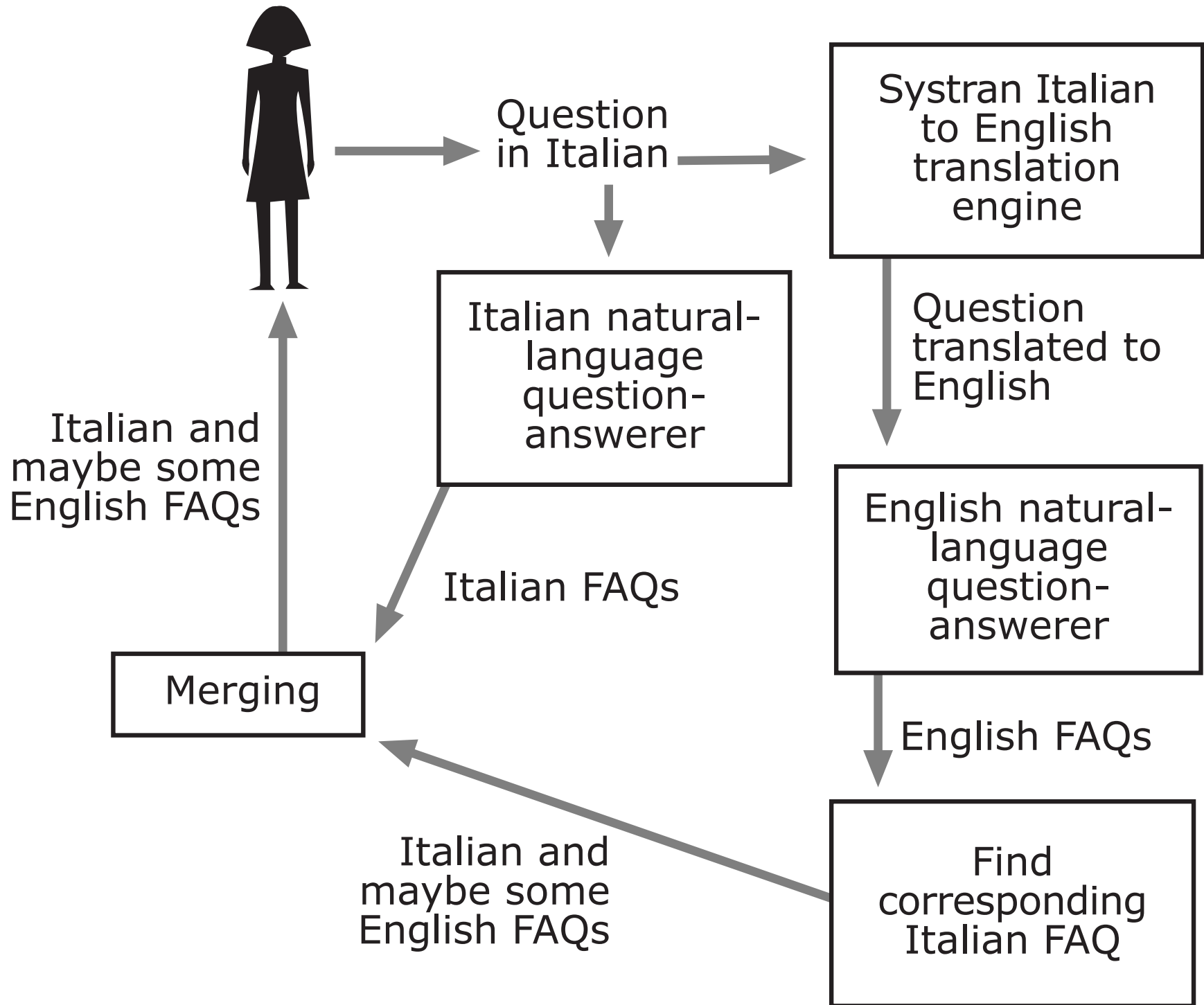
Limit: [i](#) 1

Meta-Beschreibung: [i](#)

Nichtraucher werden: Tipps wie man mit dem Rauchen aufhören kann

```
<html>
  <head>
</head>
  <body>
    <h1>Title</h1>
    <p>Paragraph</p>
    <ol>
      <li>Item 1</li>
      <li>Item 2</li>
    </ol>
  </body>
</html>
```





Natural Language Question Answering

<i>Title:</i>	Is Self-Care/Self-Help Suitable Alternative Medicine?	<i>Examples of questions:</i>
<i>Required 1:</i>	self own myself himself herself yourself alone [without no [not ; any] ; care* help* aid* assist* support* backing*] unaided unsupport* unassist* chang* \$treat	<u>Without help</u> Can I <u>get better</u> on my <u>own</u> ? Can I <u>get better</u> <u>without help</u> of a doctor?
<i>Required 2:</i>	/ need* have must help* go went necessar* ; doctor* psychologis* psychother* profession* expert*	<u>Must</u> I get help from a <u>doctor</u> to stop smoking?
<i>Required 3:</i>	/ refus* reject* [say said says ; no] decline* deny deni* repel* spurn* disapprov* rebuff* resist* ; \$therapy \$psydrugs doctor* physicia* psychiatrist* psychotherapist*	What should I do if my <u>doctor</u> <u>refuses</u> to help me?
<i>Required 4:</i>	/ selfcare selfhelp	Is <u>selfcare</u> an alternative?
<i>Priority:</i>	[self ; help] doctor* psychologis* psychother* profession* expert* unaided unsupport* unassist* [without no [not ; any] ; care* help* aid* assist* support* backing*]	
<i>Optional:</i>	\$treat quit* resign* withdraw* discontin* reling* terminat* cease* stop* renounc* \$addiction \$stimulants mental* illness* psycho* problem* hand* recommen* suitab* alternativ* \$goodbad	

Quality of Search Result

Figures taken from a master's thesis at DSV and based on a random sample actual Swedish-language questions asked by visitors to Swedish medical web sites.

Note: These figures includes as negative result cases (about 10 % of all questions in the sample), where the web site did not have any answer to the question asked.

Search method	Percentage of search success
QuickAsk	90 %
Google restricted to the web4health domain ("site:" command)	68 %
SiteSeeker (can handle Swedish conjugations)	72 %

Reference:

Palme, Jacob: Multi-lingual content management, Terena Networking Conference, 2005, latest version (improved after the Terena conference) at URL:

<http://web4health.info/documentation/palme-multi-lingual-content.pdf>