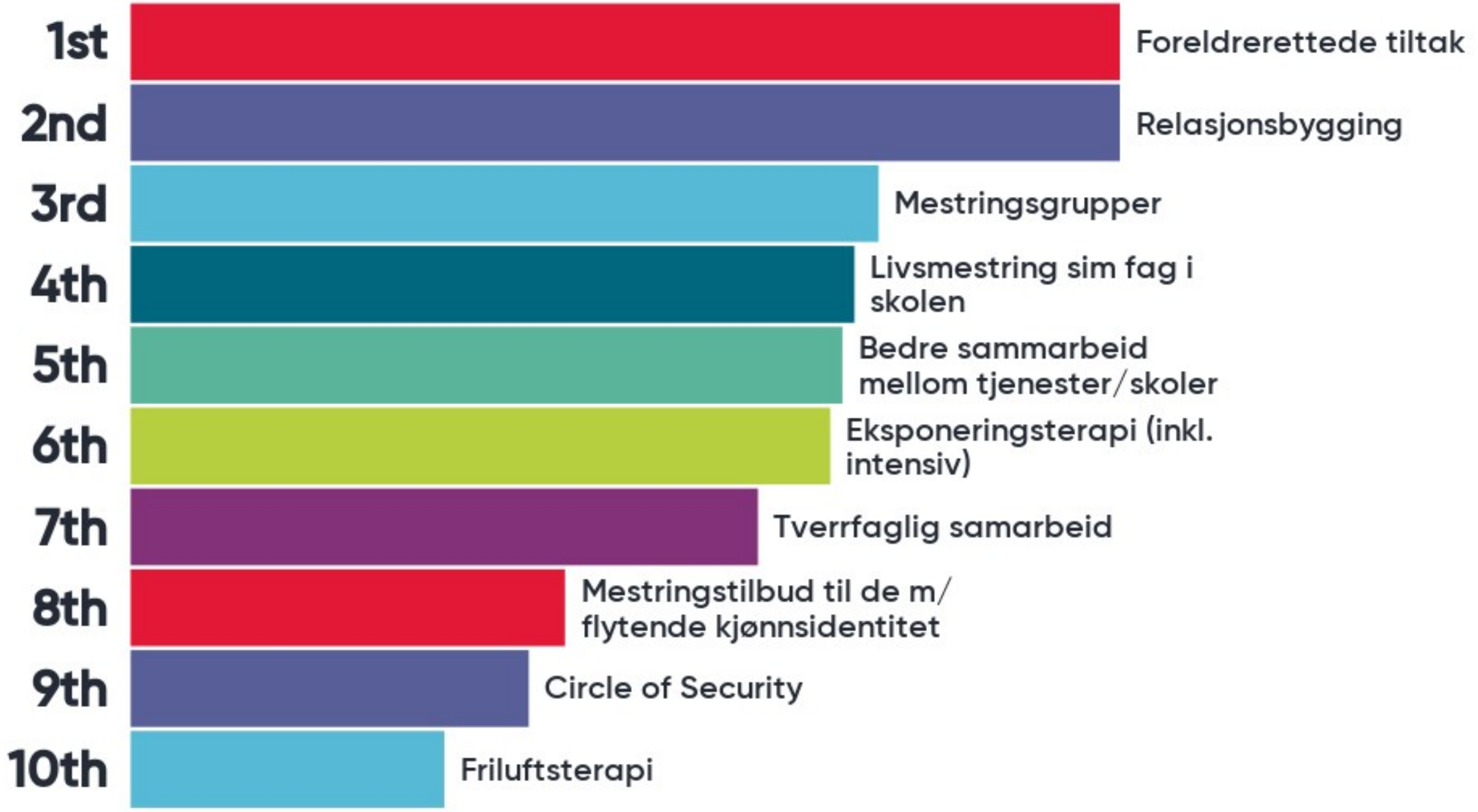Behandlingsformer angst MHU