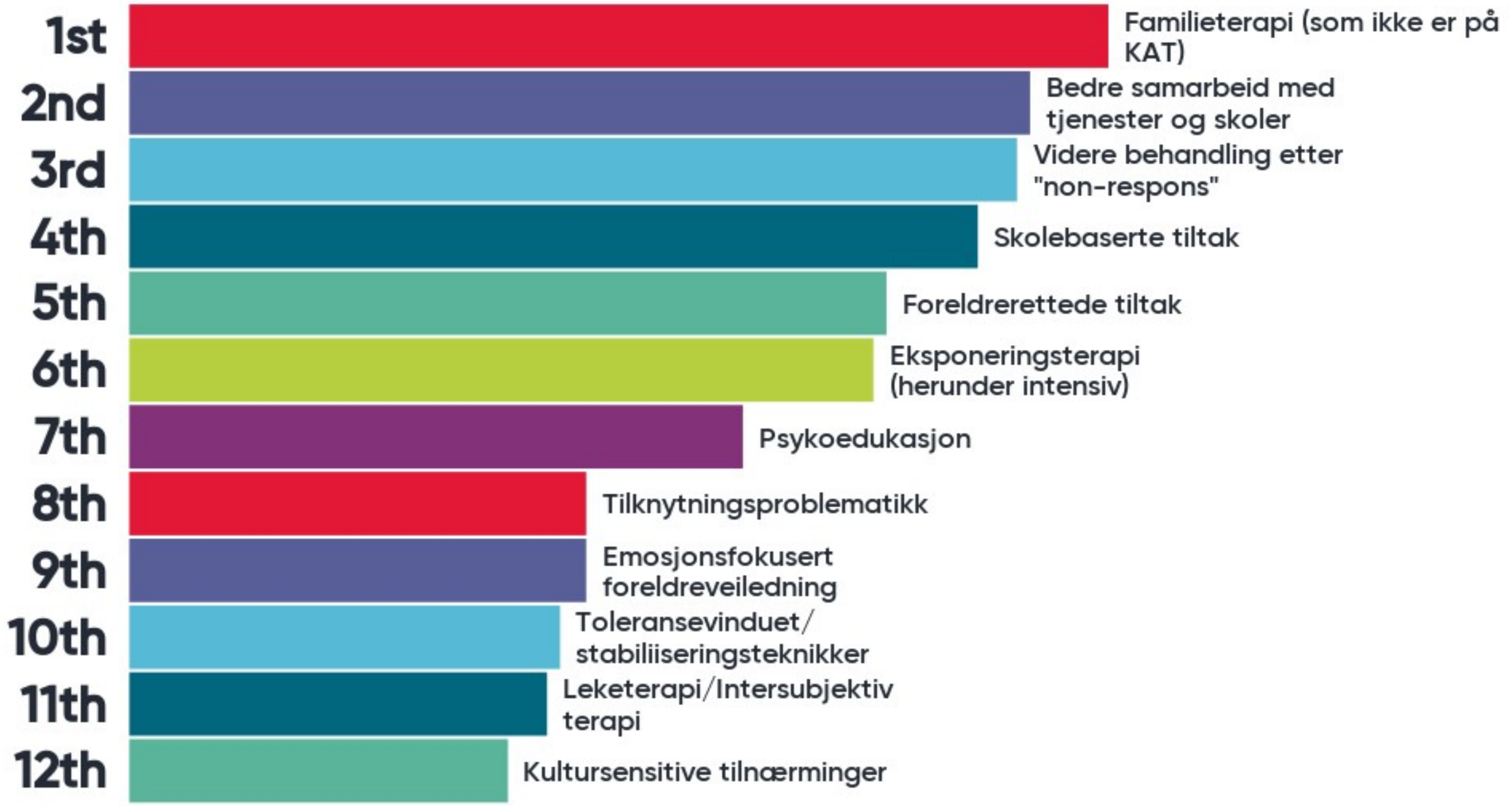Behandlingsformer angst