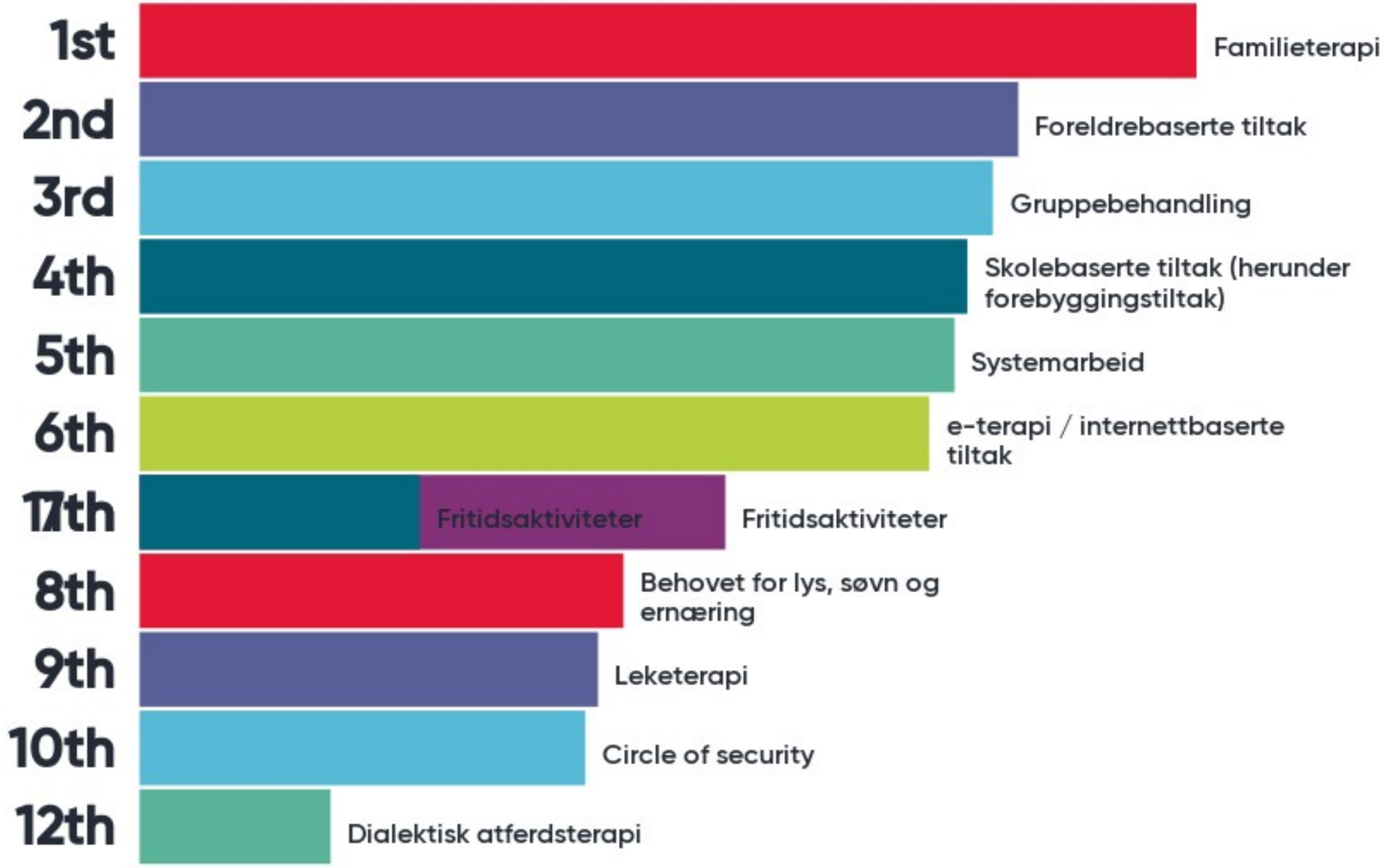Behandlingsformer depresjon