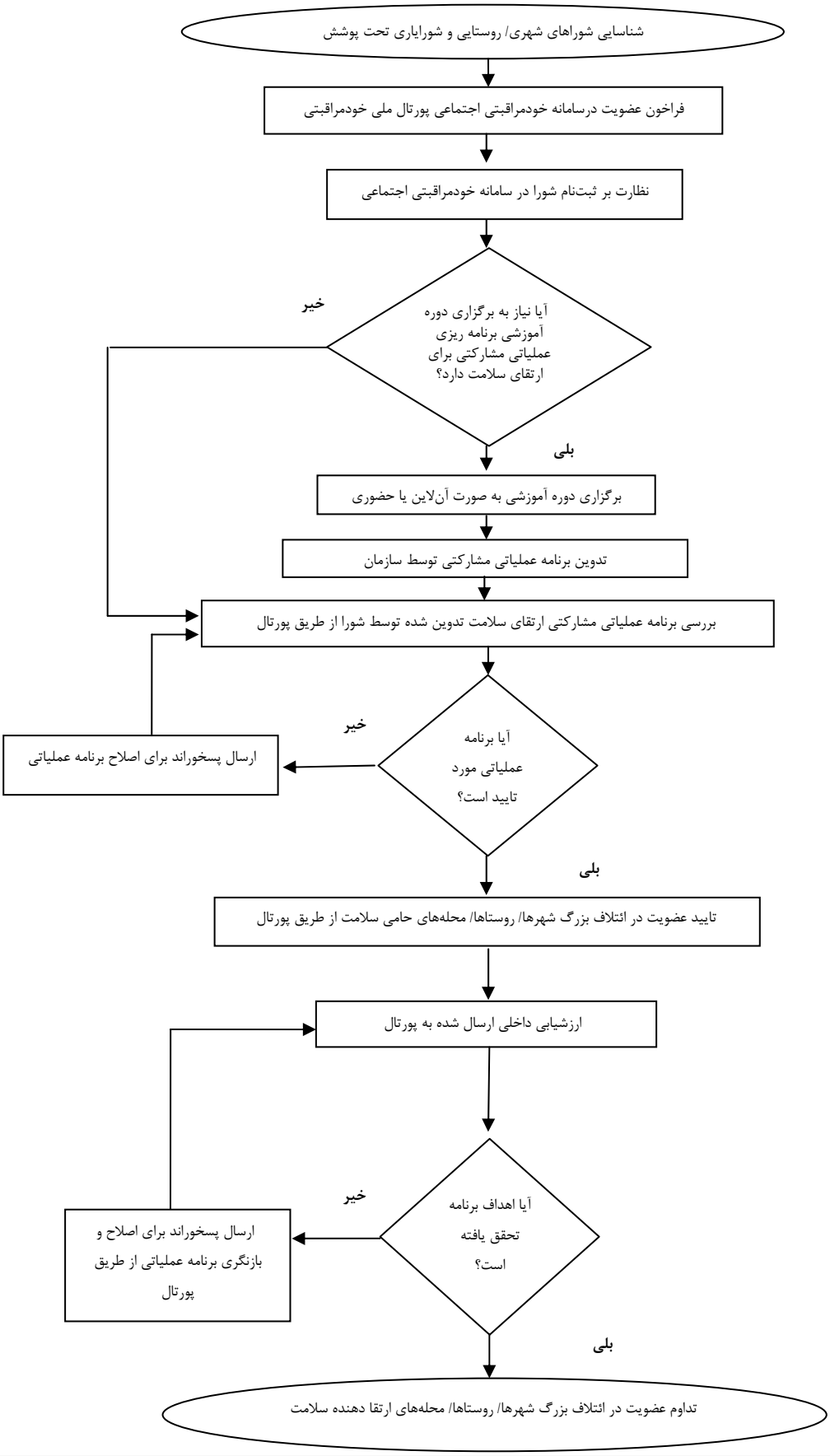فرآیند اجرایی خودمراقبتی اجتماعی