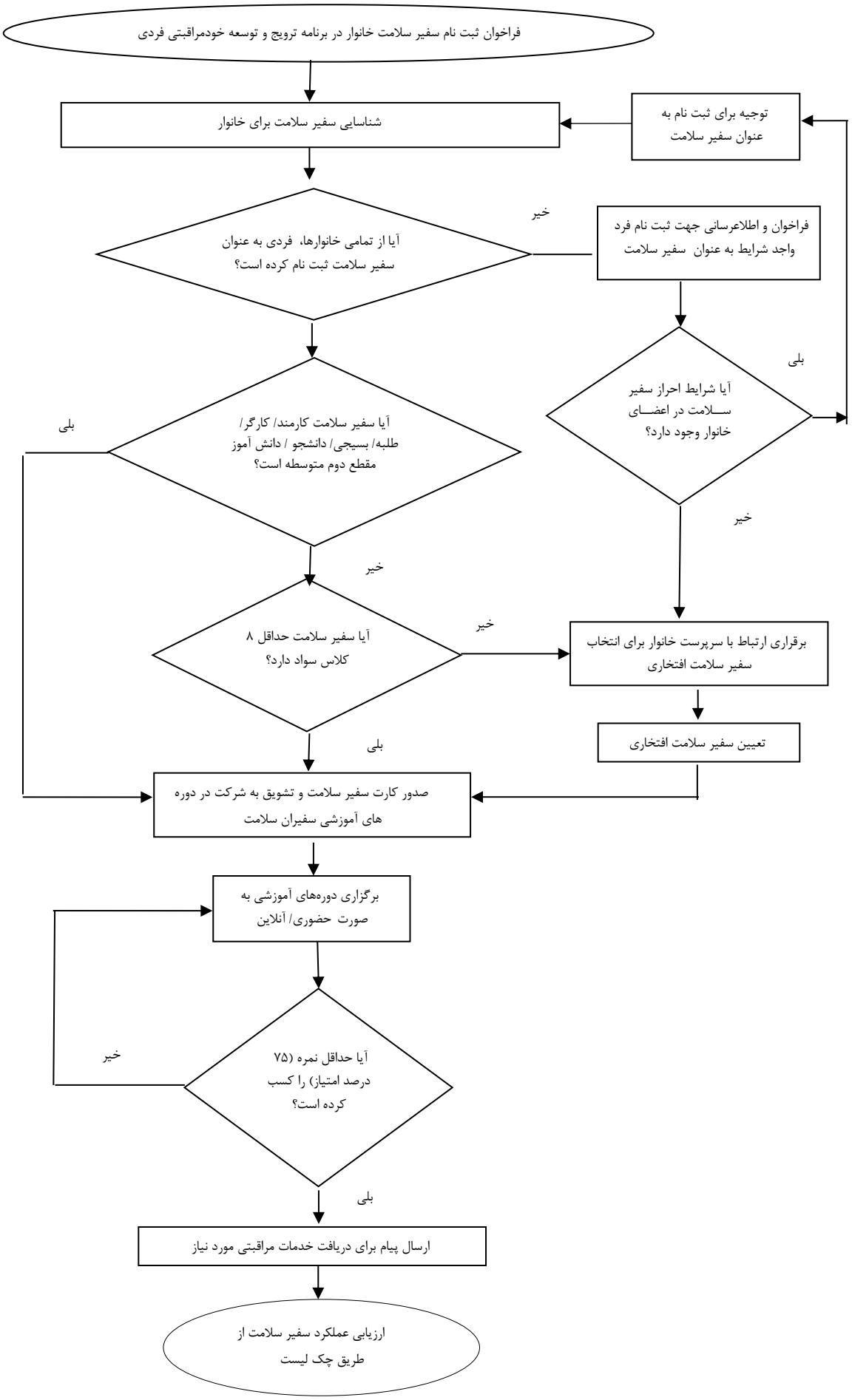فرآیند اجرایی خودمراقبتی فردی