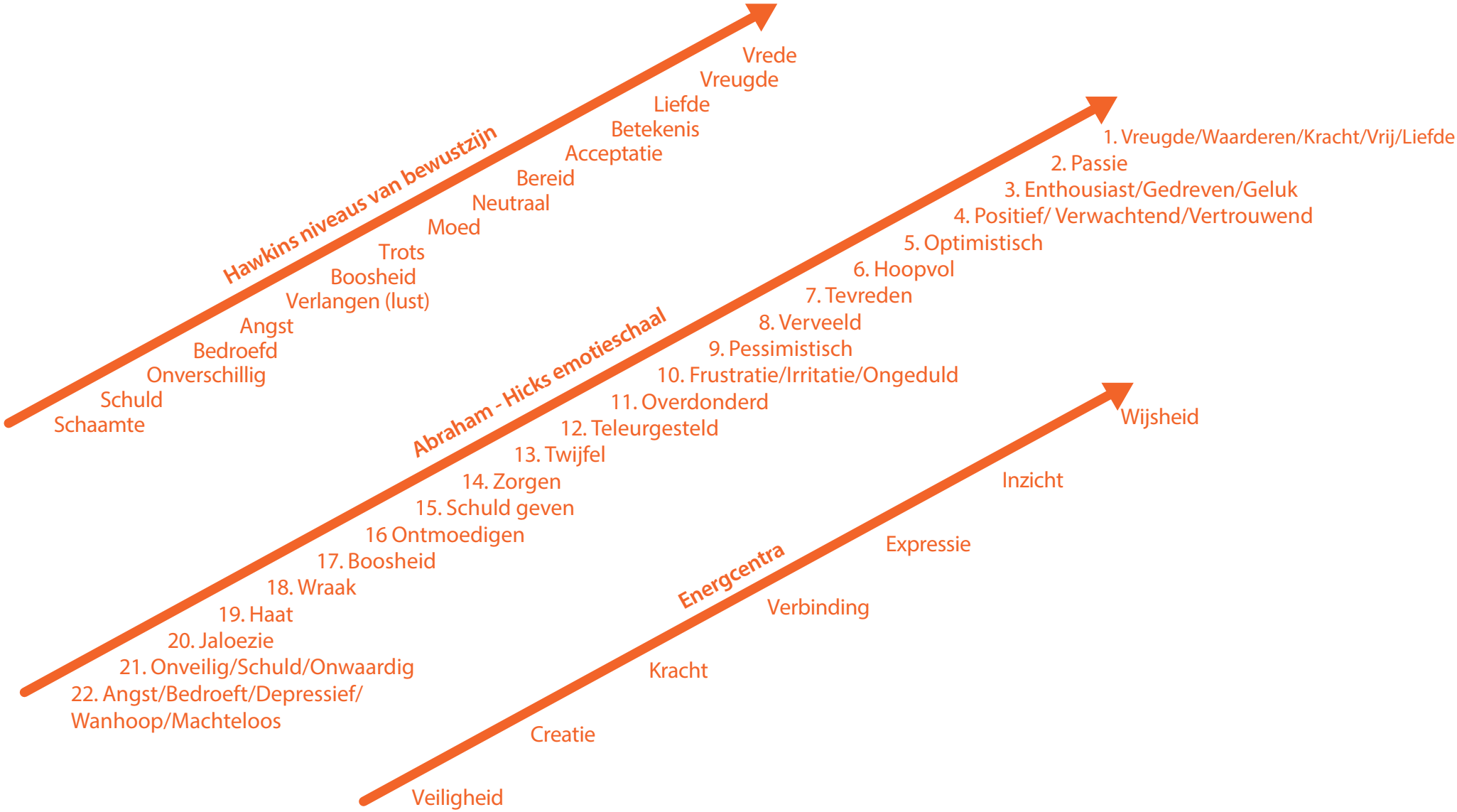Emotieschalen