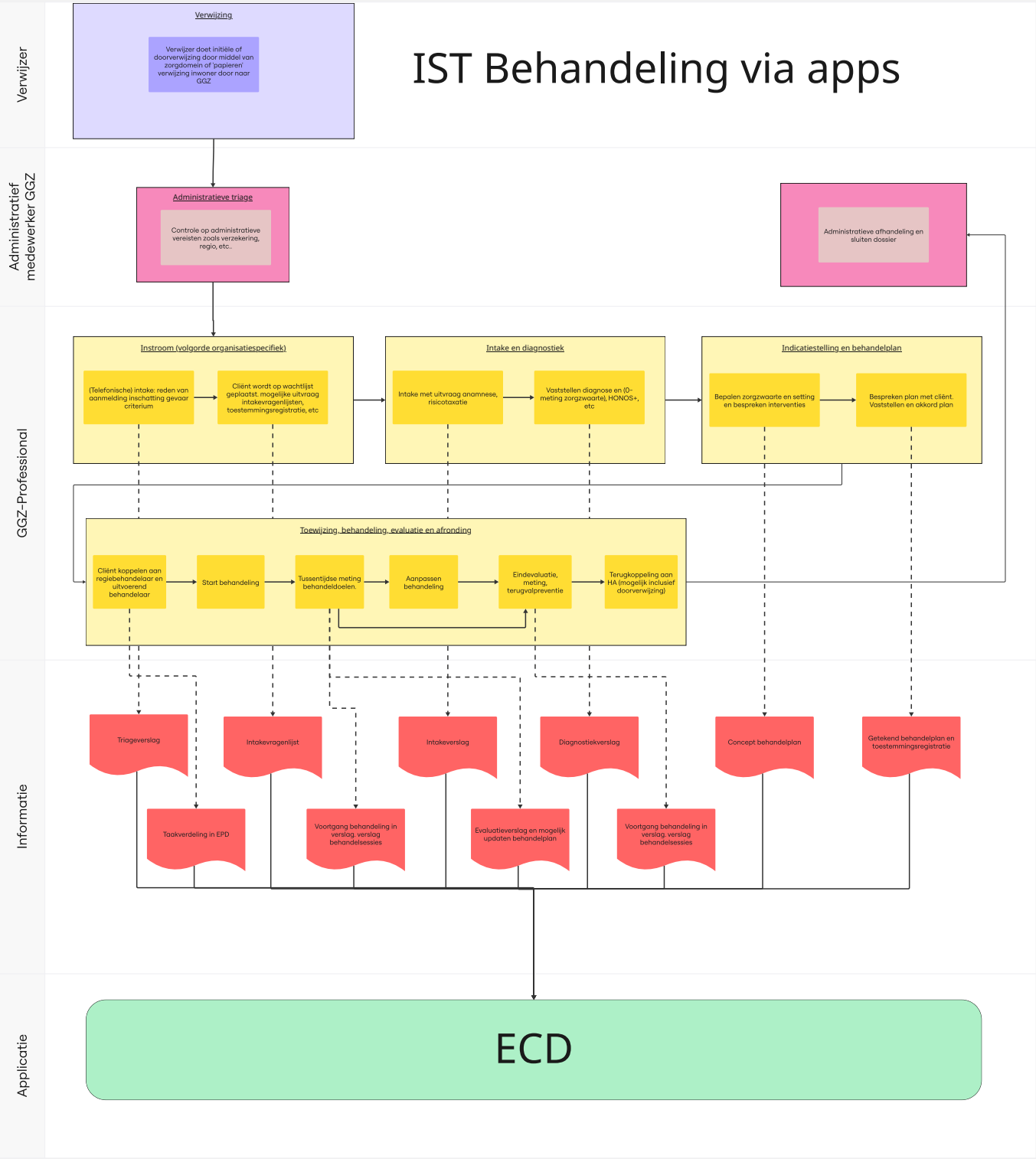IST Behandeling via apps