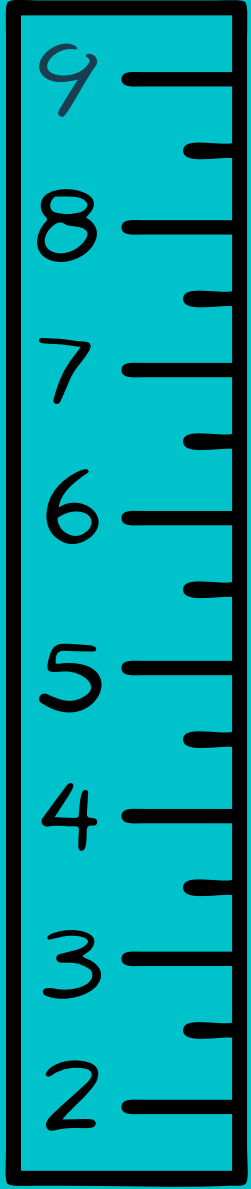
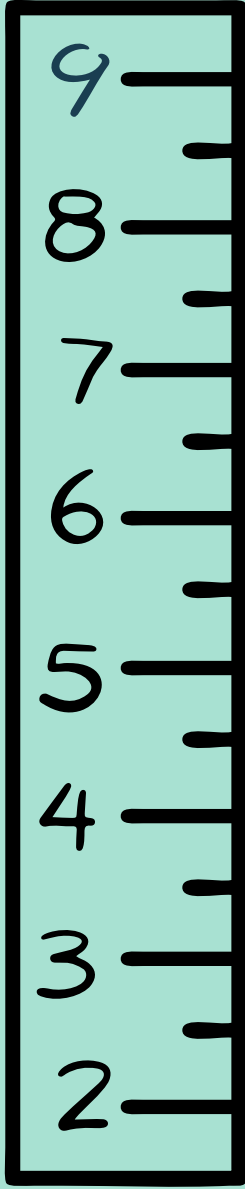


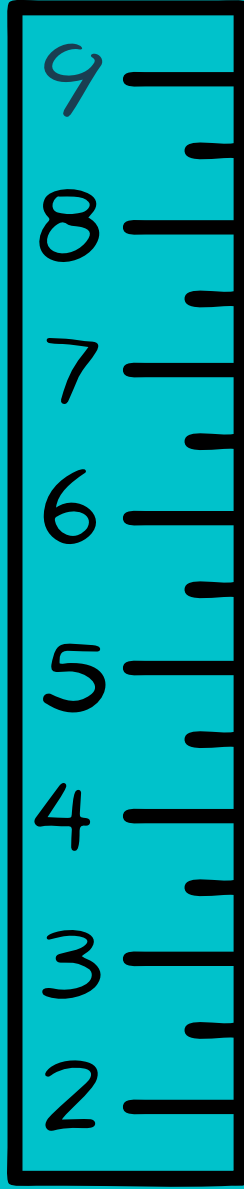
SELF-CARE SCALE



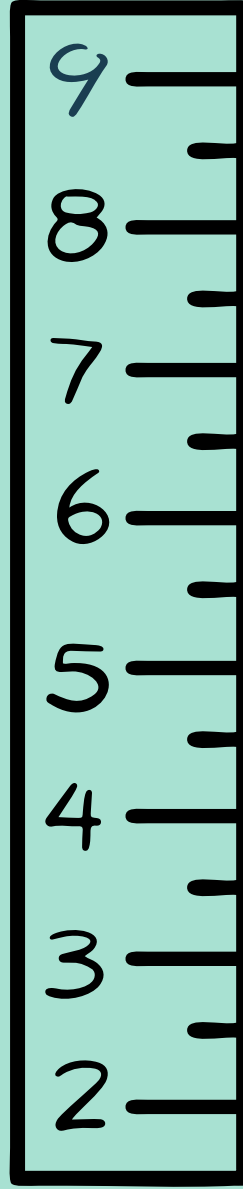
PHYSICAL



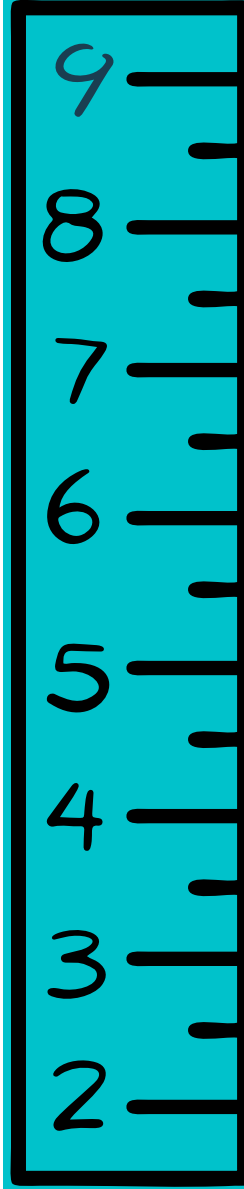
EMOTIONAL



PERSONAL



RELATIONSHIPS



PROFESSIONAL