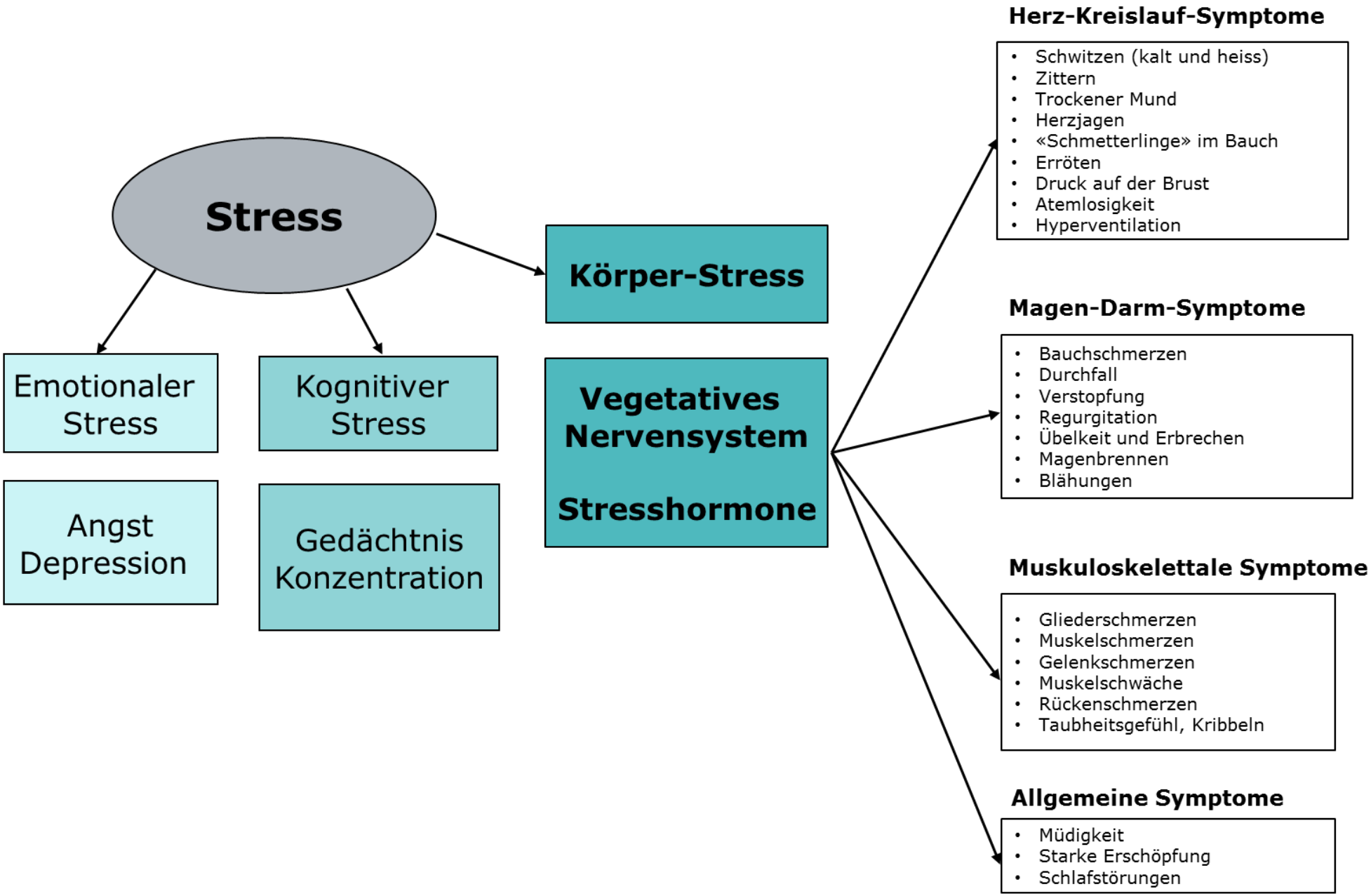Welche Auswirkungen hat chronischer Stress?