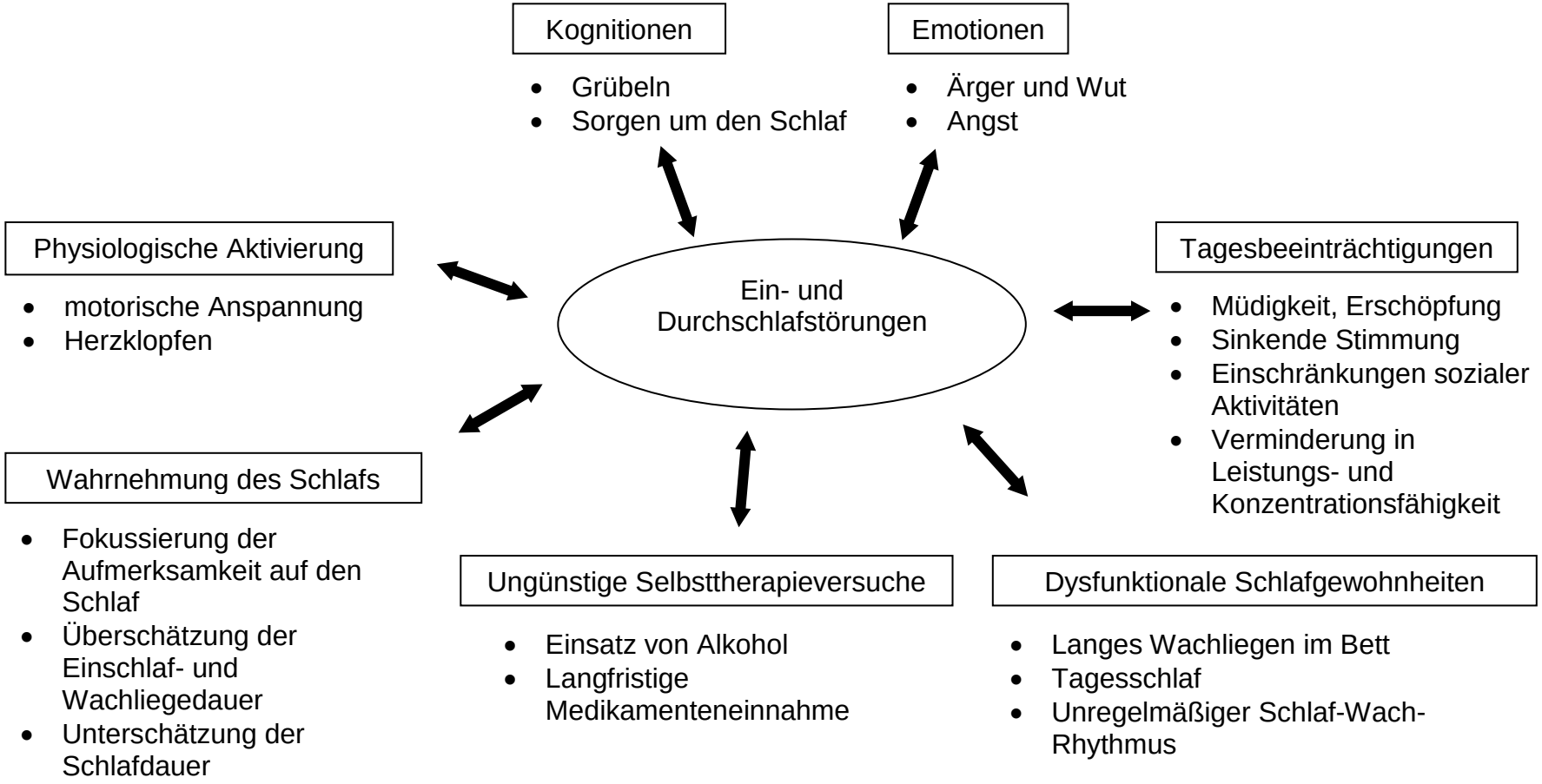Bedingungsmodell der Insomnie nach Backhaus (1997)