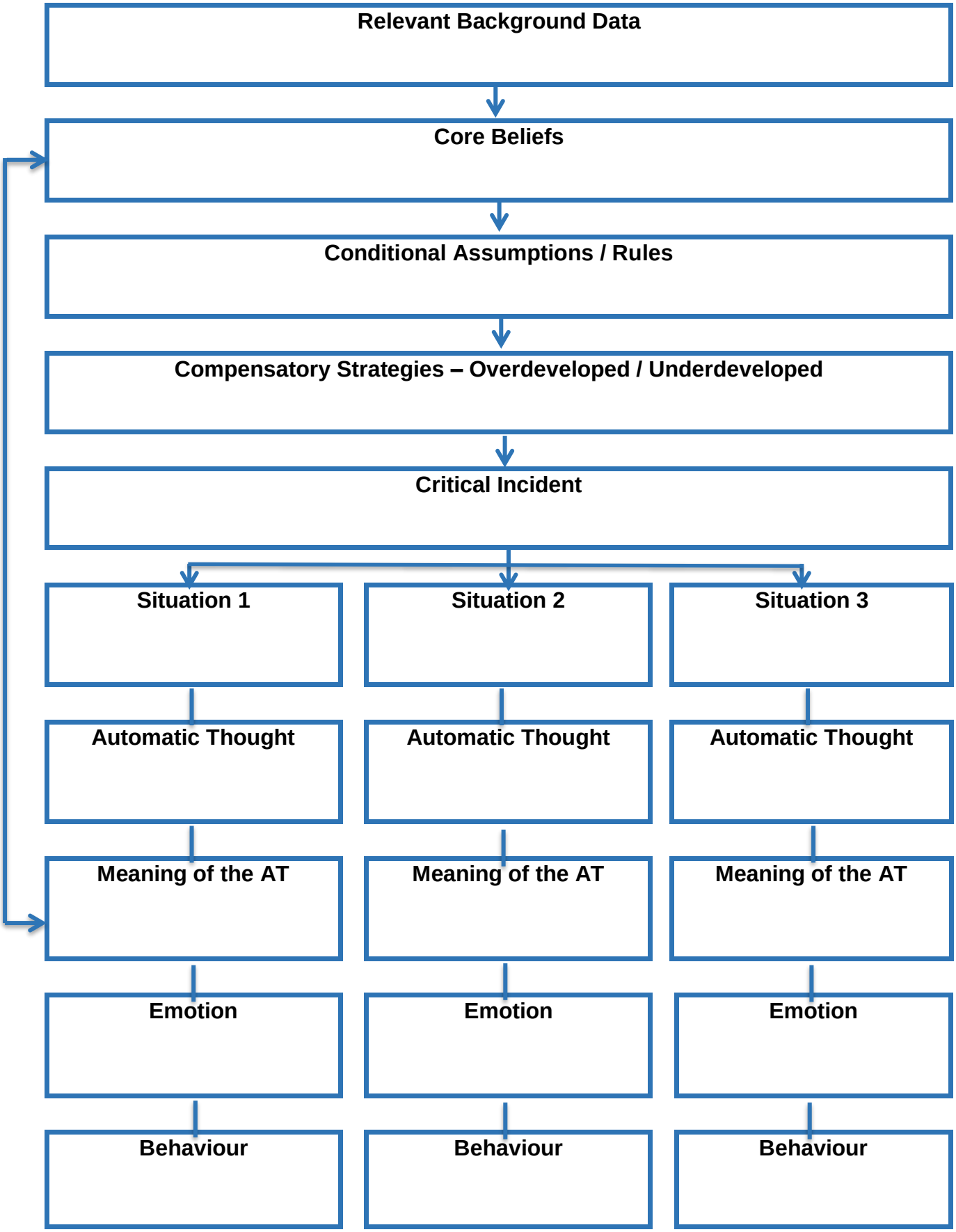Conceptualisation – Adapted from Beck (1995) – Part 1