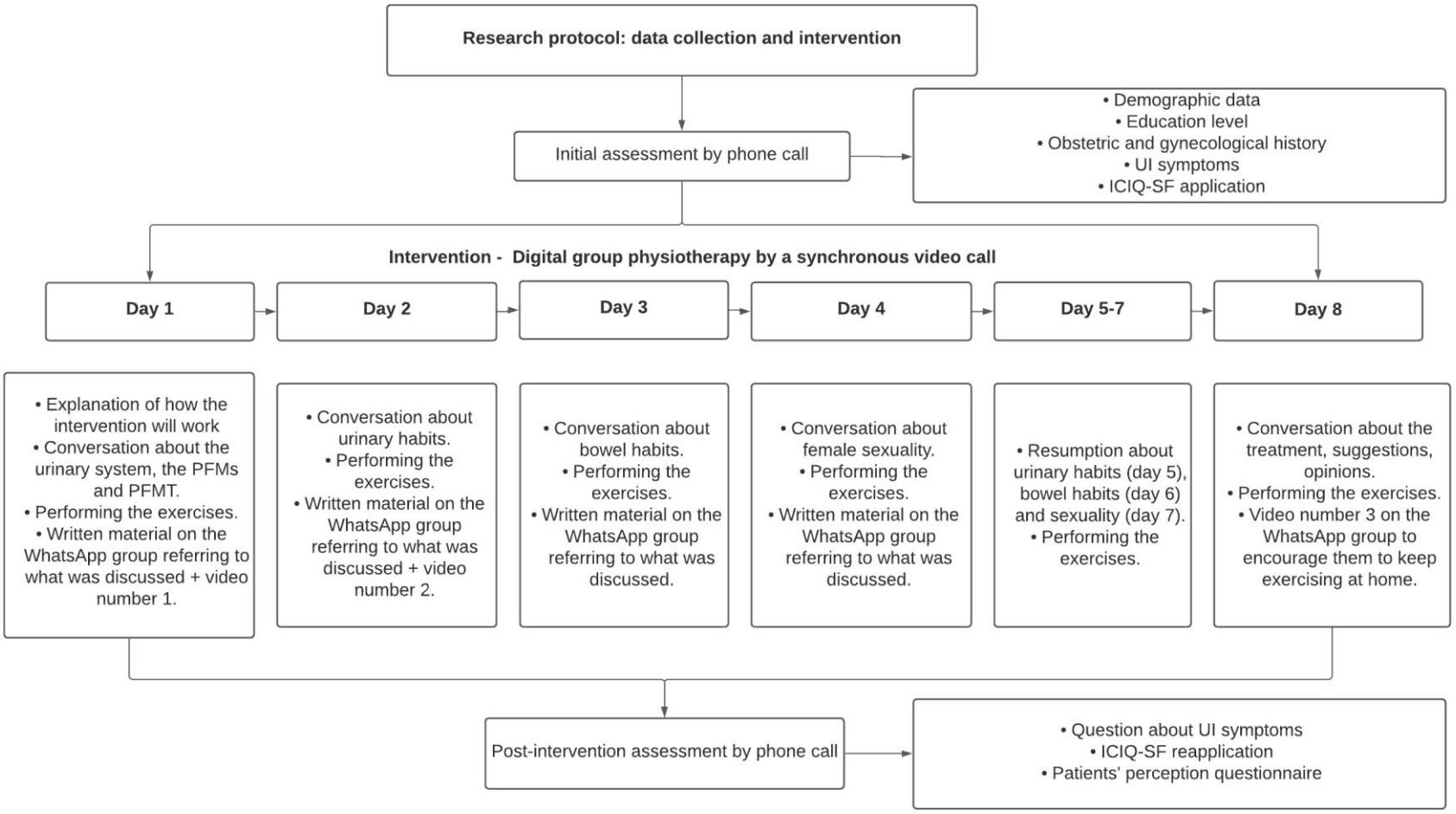Figura 1 – *Intervention protocol*