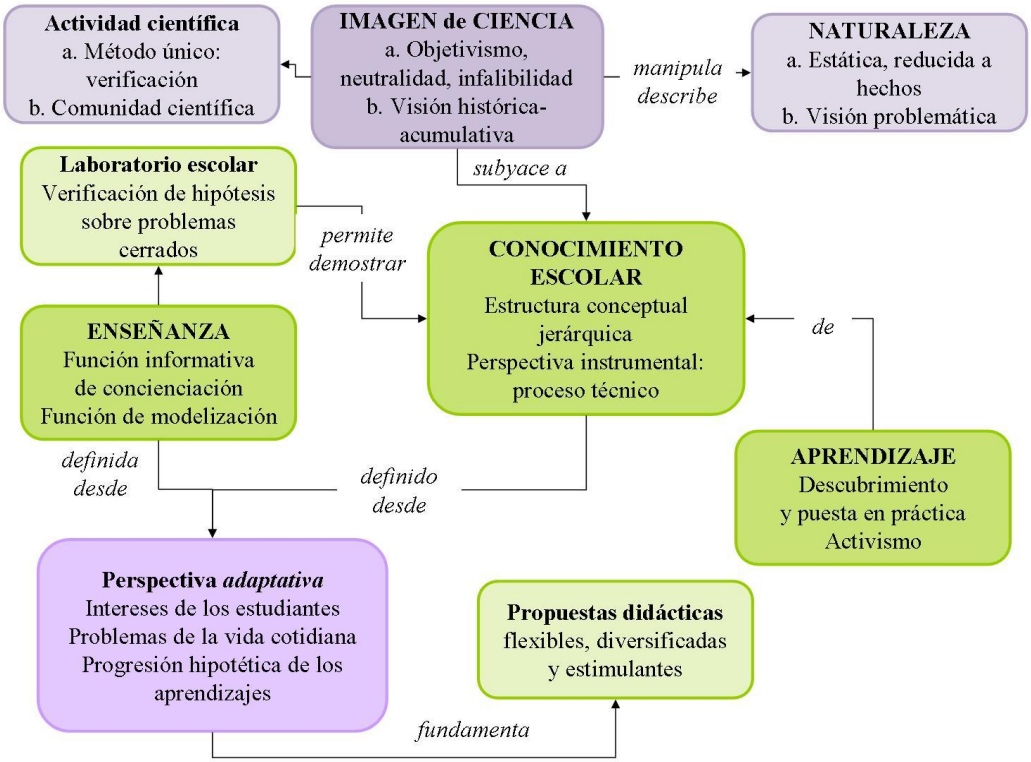MODELO ADAPTATIVO-INSTRUMENTAL