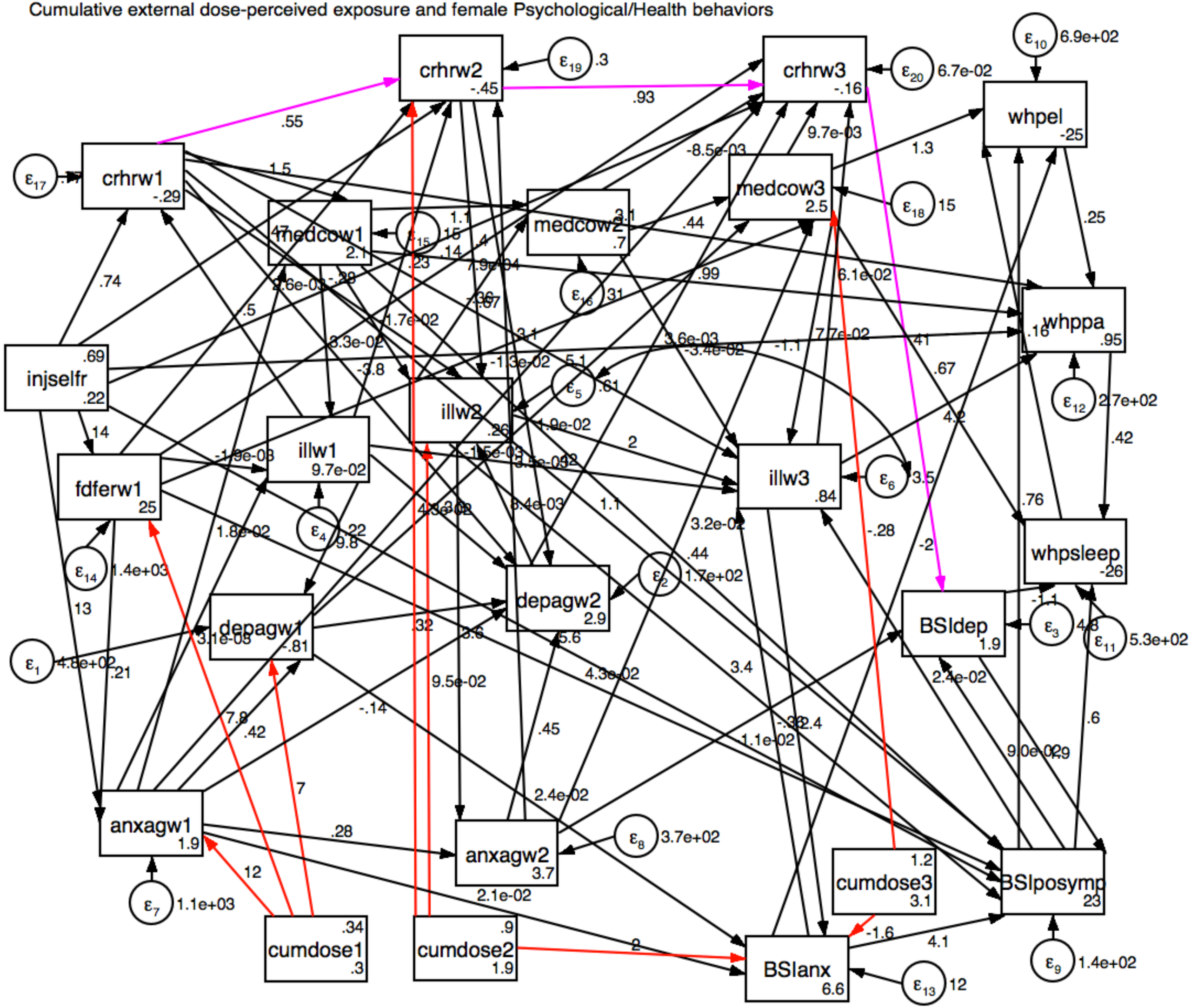Cumulative external dose-perceived exposure and female Psychological/Health behaviors