JURNAL	
ISSN: xxxx-xxxx	(media online)

THE PORTRAYAL OF JEFFREY DAHMER'S PSYCHOPATY AS SEEN IN DAHMER – MONSTER: THE JEFFREY DAHMER STORY SERIES

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ABSTRACT

This research explores the representation of Jeffrey Dahmer's psychopathy in the Netflix series Dahmer - Monster: The Jeffrey Dahmer Story through the application of Robert D. Hare's theory of psychopathy. The findings reveal a range of emotional and interpersonal traits, including superficial charm, egocentrism, manipulation, shallow affect, lack of empathy, and absence of remorse, which align with Hare's framework. These are reinforced by lifestyle symptoms such as impulsivity, irresponsibility, poor behavioral control, and a constant search for stimulation, further shaping Dahmer's psychopathic profile. The study also emphasizes nurture-related causes, particularly his troubled family background marked by conflict, neglect, rejection, and alienation, which contribute significantly to his psychological development and subsequent antisocial behavior. By combining trait analysis with an exploration of environmental influences, the study illustrates how Dahmer's psychopathy is constructed and portrayed within the narrative of the series. Ultimately, this research enriches the psychology of literature by demonstrating how film and television not only depict psychopathic traits but also provide insight into the intersections of character development, narrative representation, and cultural understandings of crime and mental illness.

Keywords: Jeffrey Dahmer, psychopathy, psychology of literature

INTRODUCTION

This study explores the portrayal of psychopathy through Jeffrey Dahmer in the Netflix series Dahmer – Monster: The Jeffrey Dahmer Story. Psychopathy is a complex psychological condition marked by traits such as superficial charm, manipulativeness, lack of empathy, and shallow emotions, along with socially deviant behaviors such as impulsivity, irresponsibility, and poor behavioral control (Hare, 1999). Scholars argue that while psychopaths often appear outwardly normal, they conceal a disturbing psychological reality, making them difficult to identify (Hintjens, 2016). Cleckley (as cited in Buzina, 2012) emphasizes that psychopaths may not always engage in crime, but their lack of remorse and emotional detachment often lead to morally problematic behaviors.

The Netflix series dramatizes Dahmer's real-life crimes committed between 1987 and 1991, during which he murdered 17 victims, and provides a vivid depiction of psychopathy in action. By showcasing Dahmer's ability to manipulate, deceive, and conceal his true nature, the series demonstrates how psychopathy can manifest in ordinary settings while posing significant risks to those around (Verstappen, 2011). From the perspective of the psychology of literature, the series is particularly significant because it illustrates the intersection between

JURNAL	
ISSN: xxxx-xxxx	(media online)

psychological theories and artistic representation. As Wellek and Warren (as cited in Santos et al., 2018) note, literature can serve as a medium for understanding psychological concepts, offering valuable insights into human behavior and the complexities of the psyche.

Guided by Robert D. Hare's (1999) theory of psychopathy, this research addresses two main questions: (1) How are the symptoms of psychopathy portrayed through Jeffrey Dahmer's character in the series? and (2) What are the causes of psychopathy revealed through his background and experiences? The objectives are to describe both the symptoms and causes of Dahmer's psychopathy as represented in the narrative.

THEORETICAL FRAMEWORK

Psychology of Literature

The psychology of literature is an interdisciplinary approach that applies psychological theories to the study of literary texts. This approach seeks to understand how literature reflects the inner workings of the human mind, exploring characters' behaviors, emotions, and conflicts as representations of real psychological conditions. Minderop (2013) argues that this approach is crucial because characters in literature often mirror human nature, allowing readers to grasp psychological complexity through artistic representation. Similarly, Wellek & Warren, (1962) note that literature does not exist in isolation but functions as a reflection of human life, including its psychological dimensions.

Film, as a modern literary form, strengthens this connection because it integrates language, action, and visual representation. Joseph & Dennis (2012) explain that film combines verbal and visual codes, which makes it capable of illustrating psychological states in greater detail than text alone. When films portray psychological disorders, they not only serve as entertainment but also as educational tools that deepen our understanding of mental health. In the case of *Dahmer – Monster: The Jeffrey Dahmer Story*, the dramatization of Jeffrey Dahmer's life provides an opportunity to analyze psychopathy through a literary-psychological lens, illustrating how personal traits and social experiences combine to shape pathological behavior.

Psychopathy

Psychopathy is one of the most distinctive and complex personality disorders, often associated with manipulation, lack of empathy, and antisocial behavior. Hare (1999) defines it as a condition where individuals show profound emotional deficits while maintaining a deceptive appearance of normality. This makes psychopathy particularly dangerous, as psychopaths often blend into society undetected while causing significant harm. What makes psychopathy unique compared to other disorders is the combination of affective disturbances (such as shallow emotions and lack of remorse) and behavioral tendencies (such as impulsivity and irresponsibility).

Symptoms of Psychopathy

Hare (1999) explains that psychopathy is best understood through its observable traits, which can be grouped into two major domains: emotional and interpersonal style and social deviance (lifestyle). These domains capture how psychopaths think, feel, and behave, both in their relationships with others and in their everyday lives. The first domain emphasizes how psychopaths present themselves outwardly often with charm and confidence while concealing

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ISSN:	XXXX-X	XXXX	(medi	a onli	ine)

their lack of empathy and remorse. The second highlights their reckless and antisocial lifestyle, which demonstrates their disregard for rules, responsibilities, and social norms. Together, these domains provide a comprehensive profile of psychopathy that distinguishes it from other forms of personality disorder.

Emotional and Interpersonal Style

This domain reflects how psychopaths engage with others at the personal level. While they may appear likable and confident, their emotional life is shallow and their social interactions are exploitative. Together, these traits show how psychopaths create a façade of normality while being incapable of forming meaningful human connections. Their emotional emptiness and manipulative tendencies make them both socially dangerous and psychologically complex.

Social Deviance (Lifestyle)

This dimension highlights the reckless and antisocial behaviors that psychopaths exhibit in daily life. These behaviors reveal their inability to live within social norms and their tendency toward impulsivity and irresponsibility. These lifestyle traits reflect how psychopathy manifests in everyday contexts. While the emotional/interpersonal traits describe their inner emptiness, the lifestyle dimension shows how this disorder translates into destructive behaviors that harm both the individual and society.

Causes of Psychopathy

The causes of psychopathy remain debated among scholars. Some stress biological predispositions (nature), while others highlight environmental factors (nurture). Before dividing these causes, it is important to emphasize that psychopathy often develops through the interaction of both forces. Biological vulnerabilities may predispose individuals to certain traits, but environmental conditions can trigger, reinforce, or intensify them (Martens, 2000).

METHODOLOGY

This research employs a qualitative descriptive method, which is appropriate for analyzing psychological phenomena represented in film. According to Bogdan and Biklen (2007), qualitative descriptive studies focus on narrative data and emphasize interpretation over measurement. This makes the approach suitable for examining how psychological concepts are represented in cultural texts. In this study, the method is applied to explore how Jeffrey Dahmer's psychopathy is depicted in the Netflix series Dahmer – Monster: The Jeffrey Dahmer Story, focusing specifically on the symptoms and causes of his psychological condition.

The primary data source consists of the ten episodes of the Netflix series directed by Ryan Murphy (2022). Dialogues, scenes, and character behaviors that reflect psychopathic traits were selected for analysis. Meanwhile, secondary sources include scholarly works on psychopathy and psychology of literature. Hare (1999) provides the theoretical framework for identifying psychopathic traits. Martens (2000) discusses the causes of psychopathy, particularly the interaction between biological and environmental factors. Minderop (2013) offers a foundation for applying psychology of literature in analyzing characters within literary texts and films.

The data collection process involved repeated observation of the series and careful documentation of dialogues and scenes relevant to Hare's (1999) framework of psychopathy. These data were then organized into categories of symptoms and causes. The data analysis employed qualitative content analysis, which emphasizes identifying themes, interpreting meaning, and relating findings to theoretical concepts. Zhang and Wildemuth (2009) explain

that this method is effective for analyzing narrative texts and categorizing findings into thematic patterns. The analysis specifically classified Dahmer's psychopathy into two aspects: (1) symptoms, divided into emotional/interpersonal and lifestyle/behavioral traits, and (2) causes, distinguished between nature (biological factors) and nurture (environmental influences).

Through this approach, the study integrates psychological theory with literary analysis to provide a comprehensive understanding of how psychopathy is represented in the character of Jeffrey Dahmer. This methodology ensures that the analysis remains both theoretically grounded and contextually relevant, contributing to interdisciplinary discussions in psychology and literature.

FINDINGS AND DISCUSSIONS

The Symptoms of Psychopathy of Jeffrey Dahmer

This section analyzes Jeffrey Dahmer's psychopathy in *Dahmer – Monster: The Jeffrey Dahmer Story* using Robert D. Hare's theory of psychopathy (1999). Hare categorizes psychopathy into two major domains: emotional and interpersonal style and social deviance (lifestyle). Each domain is represented in Dahmer's character through his interactions, behaviors, and responses to others, which illustrate the traits that define his psychopathic profile.

Emotional and Interpersonal Traits

Psychopathy can be identified through emotional and interpersonal traits. Emotionally, psychopaths display superficiality, egocentrism, manipulation, shallow emotions, and a lack of empathy, remorse, or guilt, which make them emotionally detached and indifferent to others' suffering. Interpersonally, they often show charm, dishonesty, manipulation, and grandiosity, appearing confident while exploiting others. Together, these traits highlight how psychopathic behavior is expressed, as reflected in the series' main character.

1. Glib and Superficial

The data of Dahmer's glib and superficial symptoms occurs on the fourth episodes of the series. This scene portrays in the night club where Dahmer want to get random man attention and started dancing although at first, Dahmer said to the man that he cannot dance. This scene can be seen below.



Fig. 1. Dahmer started dancing Dahmer. Eps 4. "The good boy box" – (47.00 – 48.00)

The figures above, depicted in a nightclub when Dahmer find the next victim and start talking to the persons. Furthermore, the man told Dahmer to dance and will teach Dahmer how to dance. After a moment, Dahmer started dancing to get the man attention. The conversation between them can be seen below.

[Dahmer approaching the man]

DAHMER. Hey!

MAN. [NODS]

MAN. You can dance?

DAHMER. No, I don't dance

MAN. Try it, just start like this.

DAHMER. [Started to dance, then dance aggressively]

MAN. smiling

Dahmer actions and conversation above illustrates one of the psychopath symptoms, glib and superficial, who has a charming personality to gain attention from society, or in this scene, Dahmer wants to get the man attention by showing his charming personality after he start dancing.

2. Egocentric and Grandiose

Another symptom of psychopathy is evident in Dahmer's egocentric and grandiose behavior. This is illustrated in a scene where he attempts to kiss a male guest during an exercise session at his home, as shown in the figure below.



Fig. 8. Dahmer's attempt of kissing male guest Dahmer. Eps 3. "Doin' a Dahmer" – (36.30 – 37.09)

Dahmer's egocentric behavior, which represents one of the interpersonal traits of psychopathy, is depicted in the figure above through a scene where he attempts to kiss a white male guest in his home, mistakenly assuming the man shares romantic or sexual interest. His overconfidence in misinterpreting the guest's intentions reflects a deep self-centeredness, as he prioritizes his own desires without acknowledging the other person's perspective or boundaries. Such egocentrism is a defining feature of psychopathy, often manifested through an exaggerated sense of self-importance and disregard for the impact of one's actions on others. When his advance is rejected, Dahmer shows no embarrassment or remorse, demonstrating emotional detachment and reinforcing his lack of empathy toward the feelings of those around him.

3. Deceitful and Manipulative

Dahmer's psychopathy is revealed through his deceitful and manipulative behavior, particularly in how he uses persuasive communication to mislead others. By presenting himself as trustworthy, he conceals his true intentions and exploits his victims, reflecting Hare's view of psychopathy as rooted in deception and exploitation. This manipulative tendency is illustrated in the figure below.



Fig. 3. Dahmer flirting with Mans Dahmer. Eps 1. "Bad Meat" -(08.00 - 08.55)

The figure above depicts from the second episode of *Dahmer – Monster: The Jeffrey Dahmer Story*. Jeffrey Dahmer is portrayed inside a nightclub engaging with several individuals, reflecting one of the core traits of psychopathy deceitfulness and manipulation. Although he appears socially calm and blends in with the crowd, his real intentions are hidden beneath a facade of friendliness. The conversation between them can be seen below.

MAN. What does that mean, if you're a fine arts photographer? You make, like, portraits and sh*t?

DAHMER. Yeah. It's, like, art photography. Artsy stuff. So, nudes.

Well, sometimes. Nothing weird, though. You guys wanna pose for me, I could give you 50 bucks.

MAN. Now? Who?

In this scene, Jeffrey Dahmer poses as a "fine arts photographer," offering payment for nude photographs while claiming it is part of an artistic project. His composed manner and convincing choice of words conceal his actual motives, enabling him to attract potential victims without arousing doubt. By presenting his request as artistic and non-threatening, Dahmer successfully manipulates others into believing his intentions are genuine. This deception reflects a common feature of psychopathy, where individuals rely on charm and calculated falsehoods to exploit others for their own benefit.

4. Lack of Empathy, Lack of Remorse, Shallow Emotions

The data, also shows Dahmer's lack of empathy or his shallow emotions. Which, it started when Dahmer was a little boy. This scene shows in a flash back scene of the second episodes of the series, this happens in the river, this can be seen on the figure below.



Fig. 4. Dahmer's flashback scene Dahmer. Eps 2. "Please Don't Go" – (10.26)

The figure depicts a flashback in which young Dahmer engages in a troubling act by putting ink into a jar of tadpoles. This behavior signifies an early absence of empathy, as he treats the

situation with curiosity rather than concern for the animals' suffering.. Interpreted psychologically, this scene foreshadows his progression toward more serious antisocial behaviors and highlights a pattern of emotional coldness and moral disconnection that would define his later crimes.

5. Lack of Remorse or Guilt

The other personal and interpersonal symptoms of a psychopath can be seen through their lack of remorse or guilt. Psychopath, usually not having a feeling of remorse and rarely regret of what they do. This figure below depicts a scene where Dahmer is doing his first action and "accidently" killed a man and kissing the body afterward. This is the first data of Dahmer's lack of remorse or guilt symptoms.



Fig. 5. Dahmer Shows Regret Dahmer. Eps 3. "Doin' a Dahmer" – (27.00 – 29.44)

The figures above, occurs in the third episodes scene of the series. This scene portrays a situation of Dahmer first "action". Dahmer, in his parent house, inviting a man (the hitchhiker) to his house. But unfortunately, Dahmer's kiss got rejected by the man, suddenly Dahmer knocked down the man. The first figure above, shows Dahmer that regret his action. Furthermore, Dahmer started to kissing the dead body of the hitch hiker. The actions depict Dahmer's lack of remorse or guilts symptoms although he still regrets it at the first time.

Social Deviance (Lifestyle)

Social deviance, or lifestyle traits, are another key indicator of psychopathy. Such traits disrupt social functioning and manifest in reckless, aggressive, or criminal actions. In the film, these lifestyle symptoms are illustrated through the main character's behavior.

1. Impulsive

One of the symptoms of psychopath is the impulsive behaviour of the individuals. In this series, Dahmer's character portrayed to have an unstable temperaments or behaviour. The first data of Dahmer's impulsive behaviour can be seen with the conversation between Dahmer and his grandmother below.



Fig. 6. Dahmer rage because his mannequin gone

Dahmer. Eps 4. "The Good Boy Box" -(07.30 - 10.00)

The figure above shows Dahmer in conversation with his grandmother, where he angrily reacts after discovering that she has thrown away his mannequin. This impulsive outburst highlights a lifestyle symptom of psychopathy, as his response is immediate, intense, and out of proportion to the situation. Instead of addressing the issue calmly, Dahmer allows his anger to dominate, demonstrating poor emotional regulation and an inability to control his impulses. Such behavior reflects Hare's description of psychopathy, where volatile reactions and poor behavioral controls are common traits.

DAHMER. You know, my mannequin.

GRANDMA. I'm not telling till you tell me where it is. What do you have that for, Jeff?

GRANDMA. Jeff, I want to tell you something. I love you no matter what. Do you have, you know, feelings for—

DAHMER. No, I don't want to talk about that.

GRANDMA. We could go to church and pray about it because Jesus Christ can do amazing

DAHMER. Where is my fcking mannequin? I told you not to go in there! It is my room, it is my stuff, so fcking tell me where it is!

GRANDMA.I don't think it's healthy! I— I threw it away.

DAHMER. You threw it away?

GRANDMA. Yes. The garbage man took it this afternoon.

DAHMER. Goddammit! God-f*cking-dammit!

Dahmer's impulsivity reflects his self-centered priorities, as seen in his hostile reaction to the loss of his mannequin. His disregard for his grandmother's perspective and inability to control his emotions reveal a pattern of impulsive decision-making, where immediate desires outweigh consequences. This behavior illustrates how impulsivity, a core psychopathic trait, shapes his conflicts and fuels antisocial actions.

2. Poor Behaviour Control

The next symptoms of Dahmer's psychopathy can be seen on his poor behaviour control in this series. Dahmer, often shows a bad behaviour control towards society or the persons between him. The first data of Dahmer's poor behaviour control can be seen on the figure below, where Dahmer getting warning from his apartment's landlord.



Fig. 7. Dahmer aggressive reaction Dahmer. Eps 7. "Cassandra" -(27.30 - 28.30)

This scene portrays in the seventh episodes of the series. This scene shows a scene where Dahmer talking with the landlord of the apartment. The landlord warns Dahmer to get rid of the bad smells from his apartment because the landlord gets many complaints. The landlord

took this conversation seriously, if Dahmer not do what the landlord told, Dahmer has to get out from his apartment and move. Dahmer, in the other hand, did not accept the situation and act mad aggressively and smack the walls to show his emotions to the landlord. This reflect Hare's theory of psychopath symptoms, that is psychopath, often cannot control his emotions good. In the other hand, have poor behaviour control.

3. Need of Excitement

One of the symptoms of Dahmer's psychopathy can be seen on how he fulfils his need of excitement. The first data of Dahmer's need of excitement symptoms can be seen on the third episodes of the series. Dahmer portrayed fulfil his excitement with "masturbate" while imaging himself crush animal hearts in the past. It can be seen on the figures below.



Fig. 8. Dahmer's need of excitement scene Dahmer. Eps 3. "Doin'a Dahmer" – (07.30 – 10.00)

The figures above portrayed in the episodes three of the series. Need for excitement, a symptom of psychopathy, is depicted in a scene between 07:30 and 10:00. Dahmer, in his room starts to masturbate because of the stress he got from his parent and struggling to find pleasure in conventional stimuli, such as an adult magazine. Dahmer recalls the sensation of squeezing a fish's heart during a fishing trip, which triggers an unusual surge of excitement. This illustrates his abnormal craving for stimulation through violent and morbid fantasies. As Hare notes, psychopaths often seek novel and deviant experiences to satisfy their need for excitement, highlighting Dahmer's dangerous psychological tendencies.

4. Lack of Responsibility

The next part can be seen on the person responsibility. Generally, psychopath have a symptom of his lack responsibility. This can be seen on many aspects, one of them in the person working area. The first data of Dahmer's lack of responsibility can be seen on figures below where Dahmer is got a warning by his boss.



Fig. 9. Dahmer gets warning from his boss Dahmer. Eps 3. "Please don't go" – (21.00)

BOSS. Jeff! What's that shirt? **DAHMER.** This? Just a T-shirt.

BOSS. No T-shirt. Even you working in back, only dress shirt.

Figure and the conversation above portrayed in Episode 2 of Dahmer, titled "Please Don't Go." Dahmer's lack of responsibility is evident when his boss warns him about wearing a T-shirt instead of the required shirt at work. Dahmer's indifference to the reprimand reflects his disregard for workplace rules and expectations. This aligns with Hare's observation that psychopaths are irresponsible and unreliable in all areas of their lives, often displaying poor job performance, frequent absences, and a tendency to break company rules (Hare 64). Dahmer's behaviour exemplifies this trait, as he shows no concern for meeting even basic professional standards, further emphasizing his inability to adhere to societal norms.

5. Early Behaviour Problem

Psychopathic traits may also be observed during childhood through problematic behaviors. In Dahmer's case, an early behavioral issue is illustrated in a flashback scene from the second episode of the series. The scene shows young Dahmer trespassing into a friend's house and stealing a tadpole, an act that reflects the emergence of deviant tendencies from an early age. This moment is depicted in the figure below.



Fig. 10. Dahmer trespassing and stealing from his friend house Dahmer. Eps 2. "Please don't go" – (21.00)

This scene depicted in the second episode of the series. This scene portrays Dahmer as a kid, in a flashback scene, trespassing into his friend house without permission to get his jar of toadfish. This action also reflects an early behaviour problem of Dahmer's social deviance as one of the symptoms of his psychopathy. Because, the symptoms of psychopathy also can be seen on the individual behaviour since early or in the person childhood.

The Causes of Psychopathy of Jeffrey Dahmer

The causes of psychopathy are complex and involve both biological and environmental factors. Research highlights the influence of genetics, brain structure, family history, and early life experiences, though the exact causes remain debated. In the case of Jeffrey Dahmer, these combined influences provide insight into the development of his psychopathic traits, as shown in the following data.

1. Nature

The natural causes of Dahmer's psychopathy are linked to biological factors, such as his mother's excessive use of anxiety medication during pregnancy, which may have affected his brain development, as shown in the data below.



Fig. 11. Dahmer's mother consuming anxiety pills

Figures above from Episode 3 show Joyce Dahmer consuming 26 anxiety pills daily during pregnancy, suggesting a biological or nature-based factor in Jeffrey Dahmer's psychopathy. Prenatal exposure to excessive medication could have disrupted his brain development, affecting emotional regulation and impulse control, thus predisposing him to psychopathic traits.

2. Nurture



Fig. 12. Dahmer's parent fighting

Dahmer. Eps 4. "The God Boy Box" – (20.00 – 23.00)

The figure from Episode 4 portrays Dahmer's childhood and teenage years, showing his parents engaged in conflict, with his mother even holding a knife during one argument. From a young age, Dahmer was exposed to a hostile and unstable household marked by frequent fights and emotional turmoil. In Dahmer's case, this environment fostered emotional withdrawal and difficulty forming healthy bonds, traits that later aligned with psychopathic characteristics such as shallow emotions and lack of empathy.

CONCLUSION

Based on the analysis of Dahmer – Monster: The Jeffrey Dahmer Story, the findings reveal that Jeffrey Dahmer's psychopathy is portrayed through both its symptoms and underlying causes, consistent with Hare's theory of psychopathy. The symptoms are divided into two categories: emotional and interpersonal traits, and social deviance or lifestyle. Within the emotional and interpersonal domain, Dahmer exhibits glibness, superficial charm, egocentrism, grandiosity, deceitfulness, manipulation, shallow emotions, lack of empathy, and lack of remorse. These traits are repeatedly reflected in his interactions with family members, victims, peers, and even with authority figures.

The second category, social deviance, is expressed through impulsivity, poor behavioral control, a constant need for excitement, irresponsibility, early behavioral problems, and adult antisocial behavior. These lifestyle traits illustrate Dahmer's inability to regulate his actions, his disregard for social norms, and his reliance on others for personal gratification.

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ISSN: xxxx-xxxx ((media online)

In terms of causes, the series emphasizes nurture-based influences that contributed to Dahmer's psychological condition. The analysis identifies four major factors: a conflict-ridden family environment, emotional neglect and abandonment by his mother, prolonged isolation and lack of supervision during adolescence, and traumatic experiences such as bullying, rejection, and witnessing his mother's overdose. These circumstances fostered alienation, detachment, and emotional withdrawal, which were further reinforced by his father's permissiveness toward disturbing behavior. In sum, the series not only dramatizes Dahmer's life but also provides a psychological exploration of how psychopathy develops through the interplay of personality traits and adverse environmental conditions.

ACKNOWLEDGEMENTS

The writer would like to express sincere gratitude to all who contributed to the completion of this research. Special thanks are extended to Prof. Dr. Elfiondri, S.S., M.Hum., as supervisor, for his guidance and support, as well as to Femmy Dahlan, S.S., M.Hum., and Dra. Nova Rina, M.Hum., as examiners, for their valuable suggestions and feedback. Deep appreciation is also given to the writer's parents for their love and prayers, to friends and colleagues from the Faculty of Humanities, Universitas Bung Hatta, and to the "Akatsuki Yop" group for their encouragement. Lastly, heartfelt thanks go to Merry for her understanding and companionship throughout the process.

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