ess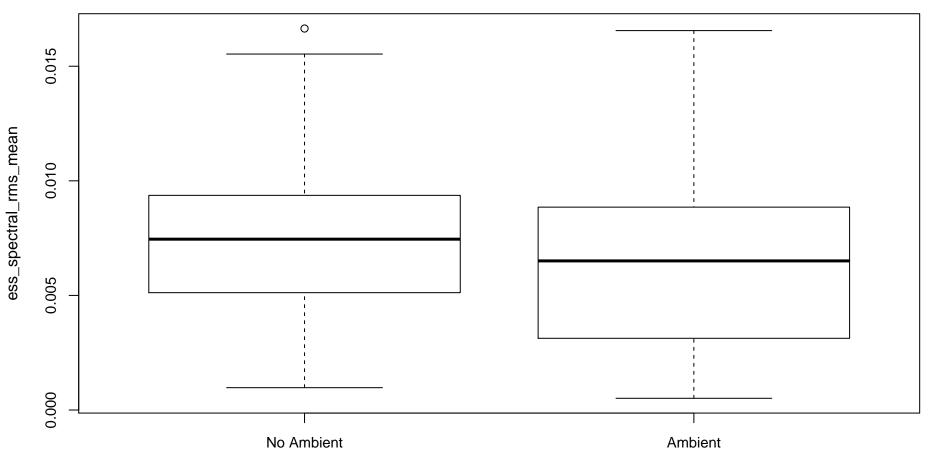_spectral_rms_mean