

## Research question:

**Does adding methods like Transcranial Magnetic Stimulation, Virtual Reality, Ketamine, or D-cycloserine enhance the effectiveness of exposure therapy for PTSD and phobias?**

### Importance:

This question will be helpful to show what additional methods can help elevate exposure therapy and enhance therapy results for patients with PTSD and phobias.

### My Research:

I will research the most beneficial ways to administer these methods and which additional method produces the greatest results during exposure therapy.

### Quantitative + Qualitative data:

This will be a meta-analysis comparing numerical data from previous research. It will also be looking at case studies.

