

Determination of Credit Hours

Mergener Formula Documentation

Course	CBT for Anxiety in Children and Adolescents: Evidence-Based Interventions in School Settings
Provider	Child & School Psychology CE
Instructor	Jaime Flowers, Ph.D., NCSP, LEP, BCBA
Delivery format	Online independent study / home study with active learning
Proposed credit	2.0 continuing education hours (subject to final verification)

Purpose

This worksheet records the proposed method for determining credit for the text-based independent-study course. Time is estimated using the Mergener formula rather than the number of lessons alone. Values below are planning inputs, not verified counts from finished materials.

Course Components Reviewed

- Four planned lessons: (1) anxiety and psychological case formulation; (2) cognitive strategies, exposure and avoidance; (3) developmental adaptations and school implementation; and (4) case application, treatment fidelity and progress monitoring.
- Required professional reading: Kendall and colleagues (2023), Adapting CBT for youth anxiety: Flexibility, within fidelity, in different settings, *Frontiers in Psychiatry*, doi:10.3389/fpsy.2023.1067047.
- Original instructional explanations, school-based examples and case vignettes, with interactive practice and applied learner-response activities to be developed.
- Proposed 35-item final assessment; number and type of embedded learner-response items to be documented after lesson development.

Mergener Formula

Minutes = $0.9 \times [-22.3 + (0.00209 \times \text{words}) + (2.78 \times \text{questions}) + (15.5 \times \text{difficulty})]$

Working Calculation Record

Input	Value used	Documentation note
Instructional words	8,000	Provisional total for assigned article plus substantive original lesson text. Must be verified against completed content.
Assessment / learner-response items	35	Proposed final assessment only. Revise if eligible embedded learner responses are included.
Difficulty rating	3 (Moderate)	Working rating for practicing psychologists applying CBT principles and school-based case decisions; confirm when course is complete.

Calculation: $0.9 \times [-22.3 + (0.00209 \times 8,000) + (2.78 \times 35) + (15.5 \times 3)]$

= 124.398 minutes = 2.07 hours

PROPOSED CREDIT AWARD: 2.0 CE HOURS

The proposed award is rounded down from the working estimate. It should not be treated as a final credit-hour determination until the content and counted learner-response items are complete and documented.

Counting Rules Used

- Count required assigned reading once, even if the same article sections are assigned in multiple lessons.
- Include substantive original lesson text, relevant scenarios and instructional activity text; avoid double counting.
- Exclude bibliographies/references, repeated links, headers, footers, navigation and other noninstructional website text.
- Track eligible assessment and learner-response items distinctly from instructional words; do not count the same material twice.
- Update the word count, item count, difficulty rationale and calculation when all four lessons and the assessment are complete.

Primary reading: <https://doi.org/10.3389/fpsy.2023.1067047>