

Riley McDanal, M.A.

Clinical Psychological Science PhD Candidate

NSF GRFP Fellow

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EDUCATION

Stony Brook University (anticipated 2026) Ph.D. in Clinical Psychology	Stony Brook, NY 2020 – current
Stony Brook University M.A. in Psychology	Stony Brook, NY 2020 – 2022
University of California, Berkeley B.A. in Psychology	Berkeley, CA 2016 – 2019

FELLOWSHIPS AND GRANTS

National Science Foundation Graduate Research Fellowship Program (NSF GRFP) Stony Brook University. PI. Total amount awarded: \$152,000.	2022 – 2027
APF Council of Graduate Departments of Psychology Graduate Student Scholarship Stony Brook University. PI. Amount awarded: \$2,000.	2025
Graduate Research Empowering and Accelerating Talent Award (GREAT Award) Stony Brook University. PI. Amount awarded: \$5,000.	2023
John Neale Endowed Graduate Student Excellence Fund Stony Brook University. PI. Amount awarded: \$750.	2021
(declined) Cunningham Fellowship Virginia Tech. Total amount offered: \$97,392.	2020 – 2024

HONORS AND AWARDS

Society for Research in Psychopathology EDI Scholarship Stony Brook University.	2022 – 2023
LifeData Award Stony Brook University.	2020
Distinction in General Scholarship University of California, Berkeley.	2019

RESEARCH INTERESTS

Scalable mental healthcare; interventions for transdiagnostic problems; identity, marginalization, and health disparities; loneliness; psychiatry nosology; measurement and assessment; open science practices.

PUBLICATIONS

Citations: 201 / H-index: 8 (As of 03.09.2025)

First-author citations: 81 / First-author H-index: 4

(* indicates equal coauthorship)

PEER-REVIEWED JOURNAL ARTICLES

10. Dodge, K.A., Prinstein, M.J., Evans, A.C., Ahuvia, I.L., Alvarez, K., Beidas, R.S., Brown, A.J., Cuijpers, P., Denton, E., Hoagwood, K.E., Johnson, C., Kazdin, A.E., **McDanal, R.**, Metzger, I.W., Rowley, S.N., Schleider, J., Shaw, D.S. (2024). Population mental health science: Guiding principles and initial agenda. *American Psychologist*.

9. **McDanal, R.**, Shen, J., Fox, K. R., Eaton, N. R., & Schleider, J. L. (2024). Predicting transdiagnostic symptom change across diverse demographic groups in single-session interventions for adolescent depression. *Clinical Psychological Science*, 12(6), 1056-1074.

8. Deisenhofer, A-K., Barkham, M., Beierl, E. T., Schwartz, B., Aafjes-van Doorn, K., ... Cohen, Z. (50 other coauthors, incl. **McDanal, R.**) (2023). Implementing precision methods in personalizing psychological therapies: Barriers and possible ways forward. *Behaviour Research and Therapy*, 172, 104443.

7. Ghosh, A., Cohen, K., Jans, L., Busch, C., **McDanal, R.**, Yang, Y., Cooper, K., & Schleider, J. L. (2023). A digital single-session intervention (Project Engage) to address fear of negative evaluation among college students: A pilot randomized controlled trial. *JMIR Mental Health*, 10, e48926.

6. Shen, J., Rubin, A., Cohen, K., Hart, E. A., Sung, J., **McDanal, R.**, Roulston, C., Sotomayor, I., Fox, K. R., & Schleider, J. L. (2023). Randomized evaluation of an online single-session intervention for minority stress in LGBTQ+ adolescents. *Internet Interventions*, 33, 100633.

5. **McDanal, R.**, Schleider, J. L., Fox, K. R., & Eaton, N. R. (2023). Loneliness in gender- and sexual orientation-diverse adolescents: Measurement invariance analyses and between-group comparisons. *Assessment*, 30(3), 706–727.

4. **McDanal, R.**, Parisi, D., Opara, I.*, & Schleider, J. L.* (2022). Effects of brief interventions on internalizing symptoms and substance use in youth: A systematic review. *Clinical Child and Family Psychology Review*, 25, 339-355.

3. **McDanal, R.**, Rubin, A., Fox, K. R., & Schleider, J. L. (2022). Associations of LGBTQ+ identities with acceptability and efficacy of online single-session youth mental health interventions. *Behavior Therapy*, 53, 376-391.

2. Inman, E. M., Bermejo, R. M., **McDanal, R.**, Nelson, B., Richmond, R. L., Schleider, J. L., & London, B. (2021). Discrimination and psychosocial engagement during the COVID-19 pandemic. *Stigma and Health*, 6, 380-383.

1. Stanton, K., Brown, M. F. D., **McDanal, R.**, Carlton, C. N., & Emery, N. N. (2021). Informing the classification and assessment of positive emotional experiences: A multisample examination of hierarchical positive emotionality models. *Psychological Assessment*, 33(11), 1038-1049.

CHAPTERS

2. **McDanal, R.**, & Schleider, J. L. (2023). Investing in Novel Intervention Delivery Systems. *Population Health Science Summit: Grounding Evidence and Preliminary Research Synthesis*. American Psychological Association.

1. Ghosh, A., **McDanal, R.**, & Schleider, J. L. (2023). Digital Single-Session Interventions for Child and Adolescent Mental Health: Evidence and Potential for Dissemination Across Low- and Middle-Income Countries. *Advances in Psychiatry and Behavioral Health*.

MANUSCRIPTS UNDER REVIEW

2. Pigart, C. J., Cohen, K. A., **McDanal, R.**, Schleider, J. L., & Cooper, K. M. (under review). Undergraduates in STEM fields and women report worse mental health than non-STEM majors and men.

1. Shen, J., Eaton, N. R., **McDanal, R.**, Fox, K. R., & Schleider, J. L. (under review). Evaluating transdiagnostic adolescent psychopathology during COVID-19: intersections across sexual orientation, gender identity, and race/ethnicity. [Pre-Registration](#).

POPULAR PRESS PUBLICATIONS

2. **McDanal, R.**, ([2023](#)). Marginalized Populations Deserve Our Very Best: Measurement Invariance as the Foundation of Mental Health Disparities Research. *PCSAS Newsletter*.

1. **McDanal, R.**, ([2021](#)). Integrating Single-Session Intervention Approaches Into Clinical Training Programs. *PCSAS Newsletter*.

PRESENTATIONS

TALKS

McDanal, R. Schleider, J.L., Shen, J., Fox, K. R. and Eaton, N.R. (upcoming; 2025, March). *Single-session online interventions drive transdiagnostic change across initial symptom severity levels: Implications for stepped care*. Flash talk to be given at the Annual HiTOP Meeting, Denver, CO.

McDanal, R., Schleider, J.L., and Eaton, N.R. (2024, March). *The meta-structure of loneliness as different dimensions of varying resolution: Links with transdiagnostic psychopathology and disparities across populations*. Flash talk given at the Annual HiTOP Meeting, San Diego, CA.

McDanal, R., Shen, J., Fox, K.R., Schleider, J.L., and Eaton, N.R. (2022, May). *Single-session interventions reduced transdiagnostic internalizing symptoms in adolescents with diverse identities during the COVID-19 pandemic*. Flash talk given at the Annual HiTOP Meeting, virtual.

SYMPOSIA

Rubin, A., Shen, J., **McDanal, R.**, Schleider, J. L., & Fox, K. R. (2022, November). *Exploring the need for single-session interventions that improve NSSI/SI outcomes in LGBTQ+ youths*. Symposium presentation at the Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY. **[Presented by McDanal, R.]**

POSTERS

McDanal, R. Schleider, J.L., Shen, J., Fox, K. R. and Eaton, N.R. (upcoming; 2025, March). *Single-session online interventions drive transdiagnostic change across initial symptom severity levels: Implications for stepped care*. Poster to be presented at the Annual HiTOP Meeting, Denver, CO.

McDanal, R., Parisi, D., Opara, I.*, & Schleider, J.L.* (2022, November). *Effects of brief interventions on internalizing symptoms and substance use in youth: A systematic review*. Poster presented at the Clinical Psychological Science Special Interest Group Exposition in the Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY.

McDanal, R., Shen, J., Fox, K.R., Schleider, J.L., and Eaton, N.R. (2022, September). *Predicting transdiagnostic symptom change across diverse demographic groups in an RCT of single-session interventions for adolescent depression*. Poster presented at the Society for Research in Psychopathology meeting, Philadelphia, PA.

McDanal, R., Rubin, A., Fox, K.R., & Schleider, J.L. (2021, November). *Associations of LGBTQ+ identities with acceptability and efficacy of online single-session youth mental health interventions*. Poster presented at the Oppression & Resilience Special Interest Group Exposition in the Association for Behavioral and Cognitive Therapies Virtual Convention, virtual.

McDanal, R., Shen, J., Fox, K.R., Eaton, N.R., & Schleider, J.L. (2021, September). *Predicting transdiagnostic symptom change in a randomized trial of single-session interventions for adolescent depression*. Poster presented at the Treatment Selection Idea Lab Virtual Convention, virtual.

Inman, E. M., Bermejo, R., **McDanal, R.**, Nelson, B., Richmond, R., Schleider, J., & London, B. (2021, February). *Identity models of discrimination and psychosocial engagement during the COVID-19 pandemic*. Poster presented at the Society for Personality and Social Psychology Virtual Convention, virtual.

RESEARCH EXPERIENCE

DISSERTATION RESEARCH, Stony Brook University

current

Graduate Researcher

Supervisors: Jessica Schleider, Ph.D.; Nicholas Eaton, Ph.D.

- ◇ *Project:* Building Emotion Regulation Skills in Young Adults Using an Online Single-Session Intervention: A Randomized Controlled Trial
 - ◇ Design an online single-session intervention targeting emotion dysregulation via a combination of mindfulness skills training, an emotion induction, and an exposure task.
 - ◇ Test the differential effectiveness of this intervention in a sample of 500+ young adults on proximal and distal change in emotion coping beliefs using multilevel modeling.

SPECTRUM LAB, Stony Brook University

2020 – current

Graduate Researcher

Supervisor: Nicholas Eaton, Ph.D.

- ◇ Lead research studies on transdiagnostic psychopathology; mental health disparities; LGBTQ+ identity, marginalization, and well-being; loneliness; and psychometrics.
- ◇ Assist in IRB applications.
- ◇ Train and mentor research assistants on various projects.

LAB FOR SCALABLE MENTAL HEALTH, Northwestern University

2020 – current

Graduate Researcher

Supervisor: Jessica Schleider, Ph.D.

- ◇ Lead research studies on intervention-driven change in internalizing outcomes and in cross-group analysis of intervention impacts and acceptability.
- ◇ Collaborate on the creation and evaluation of single-session interventions designed to target common mental health concerns (e.g., intrusive thoughts; fear of negative evaluation).
- ◇ Train and mentor research assistants on various projects.

IDIOGRAPHIC DYNAMICS LAB, University of California, Berkeley

2019 – 2020

Postbac Research Assistant

Supervisor: Aaron Fisher, Ph.D.

- ◇ Crafted experience sampling protocols, created participant device use guides, cleaned and scored idiographic data, completed literature reviews, and assisted with manuscript drafting.

BERKELEY SOCIAL INTERACTION LAB, University of California, Berkeley

2017 – 2020

Undergraduate and Postbac Research Assistant

Supervisors: Dacher Keltner, Ph.D.; Yang Bai, Ph.D.

- ◇ Contributed to project design, crafted experimental materials, developed study protocols, conducted qualitative and quantitative data analyses, completed literature reviews, and assisted with manuscript drafting.

REVIEWING

Ad Hoc Reviewer

BMC Public Health (2025)

Child Psychiatry & Human Development (2024)

Collabra: Psychology (2023)

JAMA Network Open (2022)

TEACHING

INSTRUCTOR OF RECORD

Psychopathology Classification, Stony Brook University Summer 2022 / 23 / 24; Winter 2023 / 24 / 25

Self-designed special topics course on the history, methodology, and clinical utility of different approaches to conceptualizing the nature of psychopathology (DSM/ICD; RDoC; HiTOP; Network Analysis).

- ◇ Total students: 156
- ◇ Average course rating: 4.9/5.0

Introduction to Psychology, Stony Brook University Winter 2022

Introductory general psychology course. Topics included biological, cognitive, personality, developmental, social, and clinical psychology, as well as research methods and ethics.

- ◇ Students: 28
- ◇ Course rating: 5.0/5.0

GUEST LECTURER

Reading in Psychology: Professional Development, Stony Brook University Fall 2023

Presentation on writing a compelling application statement for admission to graduate programs in psychology. Supported students in drafting an outline; facilitated small group discussions about their ideas.

Evidence-Based Practice Course, Mercer University Fall 2022

Presentation on Stony Brook's Single-Session Consultation program (designed by Dr. Jessica Schleider and Jenna Sung). Demonstrated a mock implementation of a session; facilitated student practice of a session.

RECITATION INSTRUCTOR

Research and Writing in Psychology, Stony Brook University Spring 2022

Course on the research process in psychology. Guided students through conceptualizing their own research question, methodology, and analytic approach; taught students how to draft a mock empirical manuscript.

TEACHING ASSISTANT

Health Psychology, Stony Brook University Fall 2021

Introductory health psychology course. Topics included health behaviors; coping, resilience, and social support; health services; chronic illness; and research methods in health psychology.

Survey in Abnormal and Clinical Psychology, Stony Brook University Fall 2020

Introductory clinical psychology course. Topics included definitions, causes, classification, and assessment of abnormal behavior; mood disorders; anxiety disorders; suicide; posttraumatic stress disorder; thought disorders; personality disorders; substance use disorders; eating disorders; and treatment of psychological disorders.

CLINICAL

Primary areas of specialization:

Emotion dysregulation, depressed mood, anxiety, suicidal ideation, self-injurious behavior, experiential avoidance, low self-esteem, interpersonal challenges, marital concerns, family concerns.

Primary modalities:

Cognitive Behavioral Therapy (CBT); Dialectical Behavior Therapy (DBT); Acceptance and Commitment Therapy (ACT); Integrative Behavioral Couple Therapy (IBCT); Emotionally Focused Family Therapy (EFFT).

INDIVIDUAL THERAPY

Center for Cognitive & Dialectical Behavior Therapy, Lake Success, NY.

2023 – 2024

Role: **Therapist**

Supervisor: Adam Payne, Ph.D.

- ◇ Provided evidence-based psychotherapy to adult and adolescent clients with concerns such as depressed mood, anxiety, intrusive thoughts, chronic emotion dysregulation, impulsivity, suicidal ideation, self-injurious behavior, low self-esteem, executive dysfunction, excoriation, and interpersonal problems.
- ◇ Leveraged personalized daily diary cards and monthly questionnaire data to guide treatment planning.
- ◇ Implemented a variety of therapeutic techniques and principles, including behavior chain and solution analysis, dialectical thinking, mindfulness, radical genuineness, validation, reinforcement, exposure, and problem solving.
- ◇ Taught core:
 - ◇ DBT skills, including distress tolerance, emotion regulation, interpersonal effectiveness, and mindfulness skills.
 - ◇ CBT strategies, including cognitive restructuring, behavioral activation, and exposure.
 - ◇ ACT techniques, including acceptance, defusion, cognitive and interoceptive awareness, and values clarification.
- ◇ Managed various high-risk situations, including those involving suicidal ideation, self-injurious behavior, and physical abuse.
- ◇ Administered risk-management phone coaching sessions as needed.

Krasner Psychological Center, Stony Brook, NY.

2021 – 2023

Role: **Therapist**

Supervisors: Joanne Davila, Ph.D.; Jessica Schleider, Ph.D.; Sariah Daouk, Ph.D.

- ◇ Provided evidence-based psychotherapy to adult, adolescent, youth, and parent clients with concerns such as depressed mood, anxiety, panic, phobias, intrusive thoughts, impulsivity, suicidal ideation, low self-esteem, executive dysfunction, relationship problems, and behavioral dysregulation.

- ◇ Used data from recurring questionnaires and personalized weekly assessment of client “top problems” to guide treatment planning.
- ◇ Taught core CBT skills, including cognitive restructuring, behavioral activation, and exposure.
- ◇ Integrated principles and skills from other treatment programs such as the UP, The Modular Approach to Therapy for Children, and Parent Management Training.

Single Session Support Clinic, Stony Brook University, Stony Brook, NY.

2023

Role: **Provider**

Supervisor: Jessica Schleider, Ph.D.

- ◇ Provided single-session consultation sessions to clients on the waiting list at the university therapy training clinic.
- ◇ In each session, identified the client’s immediate concern (typically related to emotional distress, relationship problems, academic stress, etc.) and corresponding goal.
- ◇ Using principles from Solution-Focused Brief Therapy, assisted the client in developing a concrete, actionable plan to be used in working toward their identified goal.

GROUP THERAPY

Center for Cognitive & Dialectical Behavior Therapy, Lake Success, NY.

2023 – 2024

Role: **Group Therapist**

Co-leaders: Miriam Korbman, Psy.D.; Aaron Drucker, Psy.D.

- ◇ Co-led a weekly Adolescent and Family DBT Skills Group that included an average of three to five families per module over the course of a year.
- ◇ Taught skills from the five adolescent DBT modules: mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and middle path.
- ◇ Conducted skill review sessions and encouraged active participation from all group members.

COUPLES & FAMILY THERAPY

Center for Cognitive & Dialectical Behavior Therapy, Lake Success, NY.

2023 – 2024

Role: **Couples and Family Therapist**

Supervisor: Adam Payne, Ph.D.

- ◇ Provided couples and families with empirically supported communication, problem-solving, and conflict resolution strategies.
- ◇ Implemented a variety of therapeutic techniques, including enactment, role playing, empathic listening, reflecting, examination of circular causality, and relational behavior chain assessment and solution analysis.
- ◇ Integrated principles from IBCT and EFFT to guide the therapy.

Krasner Psychological Center, Stony Brook, NY.

2021 – 2023

Role: **Couples Therapist**

Supervisor: Daniel O’Leary, Ph.D.

- ◇ Provided couples with empirically supported communication, problem-solving, and conflict resolution strategies.

- ◇ Implemented a variety of therapeutic techniques, including empathic joining, unified detachment, problem solving, perspective taking, and reframing.
- ◇ Integrated principles from IBCT to guide the therapy.

ASSESSMENT

Krasner Psychological Center, Stony Brook, NY.

2021 – current

Role: **Evaluator**

Supervisors: Brady Nelson, Ph.D.; Luke Waters, Psy.D.

- ◇ Conduct psychological assessments for adults.
 - ◇ Administer intelligence, cognitive, achievement, executive functioning, and oral language tests.
 - ◇ Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV)
 - ◇ Woodcock Johnson IV Tests of Achievement (WJ-IV ACH)
 - ◇ Delis-Kaplan Executive Function System (D-KEFS)
 - ◇ Woodcock Johnson IV Tests of Oral Language (WJ-IV OL)
 - ◇ Gray Oral Reading Test – Fifth Edition (GORT-5)
 - ◇ Nelson-Denny Reading Test
 - ◇ Conners' Continuous Performance Test – Third Edition (CPT-3)
 - ◇ Central Nervous System Vital Signs (CNS-VS)
 - ◇ Conduct semi-structured interviews and structured interviews.
 - ◇ The Structured Clinical Interview for DSM-5 (SCID-5) – ADHD module
 - ◇ The Mini-International Neuropsychiatric Interview (MINI)
 - ◇ Synthesize results across psychodiagnostic batteries, interviews, clinician-administered measures, self-report measures, and behavioral observations to arrive at diagnostic conclusions.
 - ◇ Generate comprehensive reports that include findings, interpretations, and recommendations.
 - ◇ Provide feedback to clients about the outcome of the assessment.

Krasner Psychological Center, Stony Brook, NY.

2024 – current

Role: **Intake Coordinator**

Supervisor: Dina Vivian, Ph.D.

- ◇ Conduct phone screens for prospective clients.
 - ◇ Complete initial interview process.
 - ◇ Conduct risk and trauma screening.
 - ◇ Determine eligibility for assessment and/or therapy services.
- ◇ Train new clinic staff in the phone screening process.
 - ◇ Provide a shadowing experience for trainees to observe the process in real-time.
 - ◇ Role-play potential risk and trauma endorsement scenarios.

Center for Cognitive & Dialectical Behavior Therapy, Lake Success, NY.

2023 – 2024

Role: **Intake Coordinator**

Supervisor: Adam Payne, Ph.D.

- ◇ Completed intake assessments for new clients.
 - ◇ Completed intake interviews, risk assessments, and diagnostic assessments.

- ◇ Wrote comprehensive multi-page intake write-ups.
- ◇ Consulted with assigned clinician as needed.

MENTORSHIP

Research mentor

Pau Ortells Faci (2024 – current) — Spectrum Lab (*Lab Director: Dr. Nicholas Eaton*)

PROJECT: Temporal Dynamics Between Peer Victimization and Internalizing Problems in Sexual and Gender Minoritized Youth: A Random Intercept Cross-Lagged Panel Model. [Preregistration](#).

PROJECT: Unpacking the Dimensions of Loneliness: Links to Transdiagnostic Internalizing Disparities in Sexual and Gender Minoritized Youth. Poster abstract submitted to the 2025 APS Annual Convention.

Mia Murata (2024 – current) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

PROJECT: Where Do Differences in Single-Session Intervention Effectiveness Emerge? A Multilevel Analysis of a Body Neutrality Intervention for Sexual and Gender Minority Youth. Poster submitted to The 5th International Single Session Therapies Symposium.

Hein Kim (2024 – current) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

Di Wang (2021 – 2024) — Spectrum Lab (*Lab Director: Dr. Nicholas Eaton*)

Aijia Yao (2021 – 2023) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

Peer mentor

Victoria Sarita (2021 – 2022) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

Lucy Gordon (2021 – 2022) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

Colleen McGuckin (2020 – 2021) — Women in Science and Engineering at Stony Brook University

COMMUNITY

Undergraduate Mentoring Committee

Committee Member (2022 – current).

Contributes to outreach, workshops, and resources for undergraduate students at Stony Brook University.

Long Island Science & Engineering Fair

Volunteer Judge (2025).

Served as a judge of high school science fair projects in the Behavioral and Social Sciences category.

Psychological Clinical Science Accreditation System (PCSAS)

Representative (2021 – 2023).

Served as the PCSAS student representative for Stony Brook: Acted as a liaison between PCSAS and Stony Brook and wrote articles for the PCSAS newsletter.

Women in Science and Engineering (WISE)

Mentor (2020 – 2021).

Mentored an undergraduate student in the WISE program.

Dismantling Systemic Shortcomings in Education and Clinical Training (DiSSECT)

Supporting Evidence Team Member (2019 – 2020).

Compiled evidence supporting actionable anti-racist changes in education and clinical training programs.

Psychology and Cognitive Sciences Undergraduate Lab at Berkeley

Co-Founder and Manager (2017), Director (2018), Advisor (2019).

Taught research skills to undergraduates through workshops and advising; supervised undergraduate project groups investigating various topics in psychology and cognitive science.

Undergraduate Journal of Psychology at Berkeley

Executive Director (2017 – 2018), Editor-in-Chief (2018 – 2019).

Led process of undergraduate manuscript selection, editing, and publication.

PROFESSIONAL

Consultant, American Psychological Association, virtual.

2022 – 2023

Developed a research summary on delivery systems for intervention administration and single touch-point services. Included in an APA response to a Request for Information ([RFI](#)) on innovative approaches to prevent mental health problems and promote mental wellness in populations that experience health disparities.

Author, Supportiv, virtual.

2019 – 2021

Wrote empirically informed mental health articles for dissemination to the public.

SKILLS

R, Mplus, SPSS, Qualtrics, quantitative modeling, intervention development, Spanish proficiency

Last updated 03.09.2025