

# Riley McDanal, M.A.

*Curriculum Vitae*

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## EDUCATION

Stony Brook University  
Department: Clinical Psychology  
Degrees: M.A., (2022); Ph.D., (expected 2026)

University of California, Berkeley  
Major: Psychology  
Degree: B.A., awarded May 2019

## RESEARCH INTERESTS

Structure and classification of psychopathology (HiTOP, Network Analysis); improving intervention access and effectiveness; identity and marginalization; individual differences; psychometrics

## FELLOWSHIPS, GRANTS, AND AWARDS

Society for Research in Psychopathology EDI Scholarship — Stony Brook University  
National Science Foundation Graduate Research Fellowship Program (NSF GRFP) — Stony Brook University  
Graduate Research Empowering and Accelerating Talent Award (GREAT) — Stony Brook University  
John Neale Endowed Graduate Student Excellence Fund — Stony Brook University  
Complimentary subscription to the LifeData platform — Stony Brook University  
Distinction in General Scholarship — University of California, Berkeley  
Dean's List — University of California, Berkeley

## PUBLICATIONS

As of 4.24.23

*Citations: 31 / H-index: 4*

*First-author citations: 23 / First-author H-index: 3*

### ***Peer-Reviewed Articles***

5. **McDanal, R.**, Schleider, J.L., Fox, K.R., & Eaton, N.R. (2021). Loneliness in gender- and sexual orientation-diverse adolescents: Measurement invariance analyses and between-group comparisons. *Assessment*.
4. **McDanal, R.**, Parisi, D., Opara, I.\*, & Schleider, J.L.\* (2021). Effects of brief interventions on internalizing symptoms and substance use in youth: A systematic review. *Clinical Child and Family Psychology Review*.
3. **McDanal, R.**, Rubin, A., Fox, K.R., & Schleider, J.L. (2021). Associations of LGBTQ+ identities with acceptability and efficacy of online single-session youth mental health interventions. *Behavior Therapy*.
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*.

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*.

### ***Book Chapters***

Ghosh, A., **McDanal, R.**, & Schleider, J. L. (under contract). Single-Session Interventions to Promote Global Access to Youth Mental Health Support. In Prabhakar, D. (Ed.). *Advances in Psychiatry and Behavioral Health, Volume 3*. Elsevier.

### ***Preprints and Working Papers***

**McDanal, R.**, Shen, J., Fox, K. R., Eaton, N. R., & Schleider, J. L. (under review). Predicting transdiagnostic symptom change across diverse demographic groups in an RCT of single-session interventions for adolescent depression. [Preprint](#).

Shen, J., Rubin, A., Hart, E. A., Cohen, K., Sung, J., **McDanal, R.**, Roulston, C., Sotomayor, I., Fox, K., Schleider, J. L. (under review). Randomized evaluation of an online single-session intervention for minority stress in LGBTQ+ adolescents. [Preprint](#).

Shen, J., Eaton, N. R., **McDanal, R.**, Fox, K. R., & Schleider, J. L. (in prep). Evaluating adolescent mental health during the COVID-19 pandemic: An intersectional and transdiagnostic approach across sexual orientation, gender identity, and race/ethnicity. [OSF Pre-Registration](#).

**McDanal, R.**, Rodriguez-Seijas, C., Yao, A., Eaton, N. R., & Schleider, J. L. (in prep). Daily discrimination and transdiagnostic psychopathology in Black and LGBTQ+ young adults. [OSF Pre-Registration](#).

## **PRESENTATIONS**

### ***Symposia***

Rubin, A., Shen, J., **McDanal, R.**, Schleider, J. L., & Fox, K. R. (November 2022). Exploring the Need for Single-Session Interventions that Improve NSSI/SI Outcomes in LGBTQ+ Youths. Presented on behalf of Alex Rubin at the 56th Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.

### ***Posters***

**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. Poster presented at the Clinical Psychological Science Special Interest Group Exposition in the Association for Behavioral and Cognitive Therapies Convention.

**McDanal, R.**, Shen, J., Fox, K.R., Schleider, J.L., and Eaton, N.R. (2022). 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.

**McDanal, R.**, Shen, J., Fox, K.R., Schleider, J.L., and Eaton, N.R. (2022). 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.

**McDanal, R.**, Rubin, A., Fox, K.R., & Schleider, J.L. (2021). 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.

**McDanal, R.,** Shen, J., Fox, K.R., Eaton, N.R., & Schleider, J.L. (2021). 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.

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

## **EDITORIAL & REVIEW EXPERIENCE**

### ***Ad Hoc Reviewer***

*JAMA Network Open* (2022)

## **TEACHING**

***Psychopathology Classification, Stony Brook University, Stony Brook, NY.*** Summer 2022/23; Winter 2023

*Instructor of Record*

Self-designed special topics course on the history, methodology, and clinical utility of different approaches to describing a nosology of psychopathology.

Topics included:

- Issues with defining “mental illness”
- The DSM/ICD
- Research Domain Criteria (RDoC)
- The Hierarchical Taxonomy of Psychopathology (HiTOP)
- Network Analysis
- Future directions in conceptualizing psychopathology

***Evidence-Based Practice Course, Mercer University, Macon, GA.***

Fall 2022

*Guest Lecturer*

Presented on Stony Brook’s Single-Session Consultation program (led by Dr. Jessica Schleider and Jenna Sung); demonstrated a mock implementation of a session; facilitated student practice of a session.

***Research and Writing in Psychology, Stony Brook University, Stony Brook, NY.***

Spring 2022

*Recitation Instructor*

Course on the research process in psychology. Guided students through designing their own study and drafting a mock empirical manuscript.

Topics included:

- Observational, cross-sectional, and experimental designs
- Analytic methods including t-tests, one-way and two-way analyses of variance, and chi-squared tests
- APA formatting
- Manuscript drafting
- Peer review

***Introduction to Psychology, Stony Brook University, Stony Brook, NY.***

Winter 2022

*Instructor of Record*

Introductory general psychology course.

Topics included:

- Goals of psychology
- Research methods & ethics
- Biological psychology
- Cognitive psychology
- Personality psychology
- Developmental psychology
- Social psychology
- Clinical psychology

**Health Psychology, Stony Brook University, Stony Brook, NY.**

Fall 2021

*Teaching Assistant*

Introductory health psychology course.

Topics included:

- Health behaviors
- Coping, resilience, and social support
- Health services
- Chronic illness
- Research methods in health psychology

**Survey in Abnormal and Clinical Psychology, Stony Brook University, Stony Brook, NY.**

Fall 2020

*Teaching Assistant*

Introductory clinical psychology course.

Topics included:

- Definitions, causes, classification, and assessment of abnormal behavior
- Mood disorders, anxiety disorders, and suicide
- Acute and posttraumatic stress disorders
- Schizophrenic disorders
- Personality disorders
- Substance use disorders
- Eating disorders
- Treatment of psychological disorders

## **CLINICAL**

**Clinician, Adult Clinic, Krasner Psychological Center, Stony Brook, NY.**

2021 – current

Implements evidence-based therapeutic techniques for depression, anxiety, panic, ADHD, and low self-esteem with adult clients. Intervention approaches include Assertiveness Training, Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT).

*Supervisors:* Joanne Davila, Ph.D.; Daniel Mackin, M.A.; Aline Szenczy, M.A.; Sariah Daouk, Ph.D.

**Clinician, Pediatric Clinic, Krasner Psychological Center, Stony Brook, NY.**

2021 – current

Implements evidence-based therapeutic techniques for child and adolescent depression, anxiety, low self-esteem, inattention, and behavioral concerns, as well as for parent-child interaction difficulties. Intervention approaches include Parent-Child Interaction Therapy (PCIT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Exposure Therapy.

*Supervisors:* Jessica Schleider, Ph.D.; Deena Abbe, Ph.D.; Dan O’Leary, Ph.D.; Nicole Doyle, M.A.

**Clinician, Marital Clinic, Krasner Psychological Center, Stony Brook, NY.**

2021 – current

Implements evidence-based therapeutic techniques for marital and relational issues between adult clients. Intervention focuses on Integrative Behavioral Couple Therapy (IBCT).

*Supervisor:* Dan O’Leary, Ph.D.

***Evaluator, Assessment Clinic, Krasner Psychological Center***, Stony Brook, NY.

2021 – current

Conducts ADHD and full battery psychological assessments for adults.

*Supervisor:* Brady Nelson, Ph.D.

***Therapy Coach, Youper***, San Francisco, CA.

2021 – 2022

Used cognitive and behavioral principles to coach adult clients in maximizing the utility of an artificial intelligence therapy app.

*Supervisor:* Andrea Niles, Ph.D.

***Registered Behavior Technician, STE Consultants***, Oakland, CA.

2018 – 2020

Implemented patient-specific skill-acquisition and behavior-reduction programs for young autistic children; assisted clinical director in developing or altering protocols for each youth.

*Supervisor:* Michelle Driscoll, BCBA.

## **MENTORSHIP**

### **Research mentor**

Aqsa Mirza (2022 – current) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

Michelle Yang (2022 – current) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

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

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

### **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**

### ***Psychological Clinical Science Accreditation System (PCSAS)***

*Representative (2021 - current).*

Serves as the PCSAS student representative for Stony Brook: acts as a liaison between PCSAS and Stony Brook and writes articles for the PCSAS newsletter.

### ***Undergraduate Mentoring Diversity Committee***

*Committee Member (2022 - current).*

Contributes to outreach, workshops, and resources for undergraduate students (in particular, students of color) at Stony Brook University.

### ***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 empirical evidence and data 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. Summary to be included in an APA response to a Request for Information (RFI) from a variety of NIH institutes, the Office of Disease Prevention, and the Sexual & Gender Minority Research Office. [RFI](#): Innovative approaches to prevent mental health problems and promote mental wellness in populations that experience health disparities. Supervisor: Mitch Prinstein.

***Author, Supportiv***, Berkeley, California.

2019 – 2021

Wrote empirically informed mental health articles for dissemination to the public. Supervisor: Helena Plater-Zyberk.

**MEDIA CONTRIBUTIONS**

2021

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

***Supportiv***, Dec. [What Happens In Vagus Stays In Vagus](#)

***Supportiv***, Oct. [How To Protect Yourself From A Guilt Trip](#)

***Supportiv***, Sept. [When The Person You Care For Refuses Professional Help](#)

***Supportiv***, Sept. [Instead Of Being Carefree, I'm A Young Caregiver. How Can I Be Both?](#)

***Supportiv***, Sept. [Caregiver Burnout: Avoid It, Or, Rise From The Ashes](#)

***Supportiv***, Aug. [Cultivate Small Joys To Survive Pandemic 2.0 \(3.0? 4.0?\)](#)

***Supportiv***, May. [How Not To Suck At Listening](#)

***Supportiv***, April. [Defuse Anger Issues: Understanding and Managing Anger](#)

***Supportiv***, March. [Understanding Your Sexual And Gender Identity: A Guide](#)

***Supportiv***, March. [What Am I Going To Do? Ways To Keep Moving Forward](#)

***Supportiv***, March. [What Is Wrong With Me? 12 Lousy Feelings And How To Feel Less Broken](#)

***Supportiv***, Feb. [How To Stop Holding A Grudge – For Your Own Sake](#)

2020

***Supportiv***, July. [Does My Insurance Cover Mental Health? How To Get Therapy \(For You Or A Friend\)](#)

***Supportiv***, June. [Being a BLM Ally Means Being a Better Listener](#)

***Supportiv***, March. [Student Loan Debt Doesn't Have To Own You](#)

*Supportiv*, January. [How To Cope After A Coworker's Suicide](#)

2019

*Supportiv*, Sept. [Stop Feeling Like a Failure, Even If You Actually Messed Up](#)

*Supportiv*, Sept. [Insightful Personal Growth and Self Improvement Quotes](#)

*Supportiv*, June. [“How Are You?” Isn’t Enough](#)

*Supportiv*, June. [Nobody Understands: Myths About Depression](#)

*Supportiv*, May. [How Depressed Am I? There’s A Better Question](#)

*Supportiv*, Feb. [Common Relationship Issues and How to Handle Them](#)

*Supportiv*, Feb. [Communicating With Your Partner: Skills And Tips](#)

## **ASSOCIATIONS**

Society for a Science of Clinical Psychology (pending)

Society for Research in Psychopathology (2022)

Association for Behavioral and Cognitive Therapies (2021 & 2022)

American Psychological Association (2020)

## **SKILLS**

RStudio, SPSS, git, Spanish (proficient), Hindi (basic)

*Last updated 4.24.23*