

# Riley McDanal, M.A.

Clinical Science PhD Candidate

NSF GRFP Fellow

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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. (2019)

## RESEARCH INTERESTS

Psychiatry nosology (HiTOP, Network Analysis); improving intervention access and effectiveness; identity and marginalization; individual differences; psychometrics

## FELLOWSHIPS AND GRANTS

**National Science Foundation Graduate Research Fellowship Program (NSF GRFP)** 2022-2025  
Stony Brook University. PI. Total costs: \$109,000.

**Graduate Research Empowering and Accelerating Talent Award (GREAT Award)** 2023  
Stony Brook University. PI. Total costs: \$5,000.

**John Neale Endowed Graduate Student Excellence Fund** 2021  
Stony Brook University. PI. Total costs: \$750.

## SCHOLARSHIPS, HONORS, AND AWARDS

**Society for Research in Psychopathology EDI Scholarship** 2022-2023  
Stony Brook University. Two years of membership and conference attendance.

**LifeData Award** 2020  
Stony Brook University. Complimentary subscription to the LifeData platform.

**Distinction in General Scholarship at Graduation** 2019  
University of California, Berkeley.

**Distinction in General Scholarship at Graduation** 2017-2019  
University of California, Berkeley.

**Dean's Honors List** 2017 Fall; 2018 Spring  
University of California, Berkeley.

## PUBLICATIONS

As of 9.13.23

*Citations: 55 / H-index: 4*

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

7. **McDanal, R.**, Shen, J., Fox, K. R., Eaton, N. R., & Schleider, J. L. (in press). Predicting transdiagnostic symptom change across diverse demographic groups in single-session interventions for adolescent depression. *Clinical Psychological Science*. [Preprint](#).
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.

### **Book 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**

3. Deisenhofer, A-K., Barkham, M., Beierl, E. T., Schwartz, B., Aafjes-van Doorn, K., ... Cohen, Z. (50 other coauthors, incl. **McDanal, R.**) (under review). Implementing precision methods in personalizing psychological therapies: Barriers and possible ways forward.
2. 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](#).

1. Ghosh, A., Cohen, K., Jans, L., Busch, C., **McDanal, R.**, Yang, Y., Cooper, K., & Schleider, J. L. (under review). A digital single-session intervention (Project Engage) to address fear of negative evaluation among college students: a pilot randomized controlled trial. [Preprint](#).

### ***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**

### ***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*. 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, 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 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.**, 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.

**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.

## **EDITORIAL & REVIEW EXPERIENCE**

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

*JAMA Network Open* (2022)

## **TEACHING**

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

*Guest Lecturer*

Will give a presentation on writing a compelling application statement for admission to graduate programs in psychology; support students in drafting an outline; and facilitate small group discussions about their ideas.

***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*

Gave a presentation 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, Center for Cognitive and Dialectical Behavior Therapy, New Hyde Park, NY.** 2023 – current

Implements evidence-based therapeutic techniques for families, individuals, and groups. The primary intervention approach is Dialectical Behavior Therapy (DBT), supplemented with Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

*Supervisor:* Adam Payne, 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.

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

2021 – 2023

Implemented evidence-based therapeutic techniques for depression, anxiety, panic, inattention, low self-esteem, and interpersonal difficulties with adults, children, adolescents, and couples. Intervention approaches included Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), the Unified Protocol (UP), Parent Management Training (PMT), and Integrative Behavioral Couple Therapy (IBCT).

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

### ***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.

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

*Representative (2021 - 2023).*

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.

### ***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

***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 (2022 - current)

Society for Research in Psychopathology (2022 - current)

Association for Behavioral and Cognitive Therapies (2021 - current)

American Psychological Association (2020)

## **SKILLS**

R, SPSS, Mplus, git, Spanish (proficient), Hindi (basic)

*Last updated 9.13.23*