

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: 317 / H-index: 9 (As of 09.19.2025)

First-author citations: 107 / First-author H-index: 4

(* Indicates student/trainee; † Indicates equal co-authorship)

PEER-REVIEWED JOURNAL ARTICLES

11. Pigart, C. J., Cohen, K. A., **McDanal, R.**, Schleider, J. L., & Cooper, K. M. (in press). Undergraduates in STEM fields and women report worse mental health than non-STEM majors and men. *PLOS Mental Health*.
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. Ortells Faci, P.*†, **McDanal, R.**†, & Eaton, N. R. (under review). Loneliness in sexual and gender minority youths: Critical implications of a multidimensional approach. Preprint.
1. Roos, C. R., McHugh, R. K., Vafaie, N., Schleider, J. L., **McDanal, R.**, DeBenedictis, A., Palmer, R., John, M., Votaw, V. R., & Kober, H. (under review). Pilot randomized trial of Visitor Mindset: A single-session web-based intervention targeting emotion-related beliefs and emotion regulation skills.

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

(* Indicates student/trainee; † Indicates equal co-authorship)

TALKS

McDanal, R., Kim, H., Schleider, J.L., & Eaton, N.R. (upcoming 2025, September). *Transdiagnostic single-session intervention effects on adolescent demoralization: A piecewise multilevel analysis of change patterns in a randomized controlled trial*. Oral presentation at the Society for Research in Psychopathology Annual Meeting, Los Angeles, CA.

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

* Ortells-Faci, P., **McDanal, R.**, Zhang, Y., Eaton, N.R., & Kotov, R. (2025, March). *Distinguishing between-person and within-person stability in the longitudinal relationship of victimization and dysphoria in adolescent girls*. Flash talk at the Annual HiTOP Meeting, Denver, CO.

McDanal, R., Schleider, J.L., & 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 at the Annual HiTOP Meeting, San Diego, CA.

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

SELECTED POSTERS

* Murata, M., Smith, A.C., & **McDanal, R.** (upcoming, 2025, June). *Where do differences in single-session intervention effectiveness emerge? A multilevel analysis of a body neutrality intervention for sexual and gender minority youth*. Poster at The 5th International Single Session Therapies Symposium, Chicago, IL.

* Ortells-Faci, P., **McDanal, R.**, & Eaton, N.R. (upcoming, 2025, May). *Unpacking the dimensions of loneliness: Links to transdiagnostic internalizing disparities in sexual and gender minority youth*. Poster at the Association of Psychological Science Conference, Washington, DC.

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

* Ortells-Faci, P., **McDanal, R.**, Zhang, Y., & Eaton, N.R. (2025, March). *Distinguishing between-person and within-person stability in the longitudinal relationship of victimization and dysphoria in adolescent girls*. Poster 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 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., & Eaton, N.R. (2022, September). *Transdiagnostic symptom change across diverse demographic groups in an RCT of single-session interventions for adolescent depression*. Poster at the Society for Research in Psychopathology Annual 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 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 at the Treatment Selection Idea Lab Virtual Convention, virtual.

RESEARCH EXPERIENCE

DISSERTATION, Stony Brook University 2023 – current

PhD Candidate

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

- ◇ 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 relative to a control in a sample of 550 young adults via piecewise multilevel models of proximal and distal change in emotion coping beliefs.

SPECTRUM LAB, Stony Brook University 2020 – current

PhD Student

Research: Transdiagnostic psychopathology and mental health disparities.

Lab Director: Nicholas Eaton, Ph.D.

LAB FOR SCALABLE MENTAL HEALTH, Northwestern University 2020 – current

PhD Student

Research: Digital intervention and health equity.

Lab Director: Jessica Schleider, Ph.D.

IDIOGRAPHIC DYNAMICS LAB, University of California, Berkeley 2019 – 2020

Postbac Research Assistant

Research: Experience sampling of psychopathology and behavior.

Lab Director: Aaron Fisher, Ph.D.

BERKELEY SOCIAL INTERACTION LAB, University of California, Berkeley 2017 – 2020

Undergraduate and Postbac Research Assistant

Research: Sociocultural psychology and individual emotional experience.

Lab Director: Dacher Keltner, Ph.D.

REVIEWING

Journal of Gay and Lesbian Mental Health (2025)

Assessment (2025)

BMC Psychology (2025)

JMIR Mental Health (2025)

BMC Public Health (2025)

Journal of Homosexuality (2025)

Child Psychiatry & Human Development (2024)

Collabra: Psychology (2023)

JAMA Network Open (2022)

TEACHING

INSTRUCTOR OF RECORD – *independently designed course*

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

Novel 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: 193
- ◇ Average course rating: 4.9/5.0

INSTRUCTOR OF RECORD

Introduction to Psychology, Stony Brook University

Winter 2022

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

- ◇ Total students: 28
- ◇ Average course rating: 5.0/5.0

GUEST LECTURER

Reading in Psychology: Professional Development, Stony Brook University

Fall 2023 / 24 / 25

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. Demonstrated implementation and facilitated student practice.

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

Survey in Abnormal and Clinical Psychology, Stony Brook University

Fall 2020

CLINICAL

Areas of specialization

Emotion dysregulation, experiential avoidance, low self-esteem, interpersonal/marital/family problems

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)

Positions

Krasner Psychological Center, Stony Brook, NY.

2021 – 2023; 2025 – current

Roles: **Therapist**; **Intern**; **Evaluator**

Responsibilities: **Individual**, **group**, and **couples therapy**; **assessment**

Stony Brook University Hospital, Child Inpatient Psychiatry Unit, Stony Brook, NY.

2025 – current

Role: **Intern**

Responsibilities: **Individual** and **group therapy**

Mind-Body Clinical Research Center, Stony Brook, NY.

2025 – current

Role: **Intern**

Responsibilities: **Individual** and **group therapy**

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

2023 – 2024

Role: **Extern**

Responsibilities: **Individual**, **group**, **couples**, and **family therapy**

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

2023

Role: **Provider**

Responsibilities: **Individual consultation sessions**

Competencies

INDIVIDUAL THERAPY

Evidence-Based Treatment Delivery

- ◇ Provide individual psychotherapy using CBT, DBT, ACT, and SFBT across diverse populations (adults, adolescents, children, parents).
- ◇ Integrate multiple therapeutic modalities based on client presentation and treatment setting.
- ◇ Use data from recurring standardized and personalized questionnaires to guide treatment planning.

High-Risk Population Support

- ◇ Crisis intervention, safety planning, and suicide risk assessment in outpatient and inpatient settings.
- ◇ Phone coaching and after-hours crisis management for clients with chronic emotion dysregulation.

Specialized Treatment Settings

- ◇ Inpatient psychiatric crisis stabilization and discharge planning.
- ◇ Single-session consultation with solution-focused brief interventions.
- ◇ Collaborative care with multidisciplinary teams (psychiatrists, social workers, nurses).

GROUP, COUPLES, AND FAMILY THERAPY

Group Therapy

- ◇ Co-facilitate DBT skills groups for adults and adolescent/family populations.
- ◇ Teach core DBT modules and conduct skill review sessions.

Couples/Family Therapy

- ◇ Provide IBCT and EFFT for couples and families.
- ◇ Implement communication training, conflict resolution, and systemic interventions.

ASSESSMENT

Psychological Assessment

- ◇ Conduct comprehensive psychological evaluations using cognitive, achievement, executive functioning, oral language, and personality measures.
- ◇ Administer structured diagnostic interviews and generate integrated reports.

Intake Coordination and Training

- ◇ Perform therapy intake assessments, risk screening, and diagnostic interviews.
- ◇ Train and supervise new staff in screening procedures.

MENTORSHIP

Research mentor

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

PROJECT: Loneliness in Sexual and Gender Minority Youths: Critical Implications of a Multidimensional Approach. [Preprint](#).

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

PROJECT: Distinguishing Between-Person and Within-Person Stability in the Longitudinal Relationship of Victimization and Dysphoria in Adolescent Girls.

PROJECT: Unpacking the Dimensions of Loneliness: Links to Transdiagnostic Internalizing Disparities in Sexual and Gender Minoritized Youth.

Mia Murata (2024 – 2025) — 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.

Hein Kim (2024 – 2025) — Lab for Scalable Mental Health (*Lab Director: Dr. Jessica Schleider*)

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

Academy Open Science Committee (OSC)

Committee Member (2025 – current)

Assists programs with developing open science practices; works to improve transparency in clinical science.

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)

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 09.19.2025