

# Riley McDanal, M.A.

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NSF GRFP Fellow  
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## EDUCATION

<b>Stony Brook University</b> (anticipated 2026) Ph.D. in Clinical Psychology (dissertation successfully defended 12/2025)	Stony Brook, NY 2020 – current
<b>Stony Brook University</b> M.A. in Psychology	Stony Brook, NY 2020 – 2022
<b>University of California, Berkeley</b> B.A. in Psychology	Berkeley, CA 2016 – 2019

## FELLOWSHIPS AND GRANTS

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

## HONORS AND AWARDS

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

## **RESEARCH INTERESTS**

Scalable mental healthcare; identity, marginalization, and health; relational context and interpersonal processes; psychiatry nosology; measurement and assessment; open science practices.

## **PUBLICATIONS**

*Citations: 392 / H-index: 9 (As of 02.23.2026)*

*First-author citations: 120 / First-author H-index: 4*

( \* Indicates student/trainee; <sup>†</sup> 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). STEM, gender, and mental health: Understanding depression and anxiety in a national undergraduate sample. *PLOS Mental Health*, 2(8), e00000364.
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. L., Shaw, D. S. (2024). Population mental health science: Guiding principles and initial agenda. *American Psychologist*, 79(6), 805.
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.<sup>†</sup>, & Schleider, J. L.<sup>†</sup> (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*. Elsevier.

## MANUSCRIPTS UNDER REVIEW

4. \* Ortells-Faci, P., McDanal, R., Zhang, Y., Klein, D. N., Nelson, B. D., Kotov, R., & Eaton, N. R. (under review). Reciprocal relations between peer victimization, rumination, and dysphoria: A multi-wave longitudinal study of adolescent girls. *OSF Preprints*.
3. Lynam, D. R., Sbarra, D. A., Tackett, J. L., Lui, P. P., **McDanal, R.**, Schaumberg, K., Wright, A. G. C., Yang, Y., & Miller, J. D. (under review). The open science movement and clinical psychology training: Rigorous science is transparent science. *OSF Preprints*.
2. \* Ortells Faci, P.<sup>†</sup>, **McDanal, R.**<sup>†</sup>, & Eaton, N. R. (under review). Loneliness in sexual and gender minority youths: Critical implications of a multidimensional approach. *OSF Preprints*.
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**

\* Ortells Faci, P., **McDanal, R.**, Yao, A., Burger, J., Gabrielli, J. T., & Eaton, N. R. (upcoming). *The interplay of negative urgency and internalizing distress in the daily lives of sexual and gender minorities exposed to discrimination*. Eastern Psychological Association Annual Meeting, Boston, MA.

**McDanal, R.**, Kim, H., Schleider, J. L., & Eaton, N. R. (2025, September). *Transdiagnostic single-session intervention effects on adolescent demoralization: A piecewise multilevel analysis of change patterns in a randomized controlled trial*. 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*. Annual Meeting of the Hierarchical Taxonomy of Psychopathology Consortium, 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*. Annual Meeting of the Hierarchical Taxonomy of Psychopathology Consortium, 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*. Annual Meeting of the Hierarchical Taxonomy of Psychopathology Consortium, 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*. Annual Meeting of the Hierarchical Taxonomy of Psychopathology Consortium, 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*. Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY. [Presented by **McDanal, R.**]

### **POSTERS**

\* Ortells-Faci, P., **McDanal, R.**, Zhang, Y., Klein, D. N., Nelson, B. D., Kotov R., & Eaton, N. R. (2025, September). *Do symptoms or stressors come first? Interrelations and stability of rumination, victimization and internalizing problems among adolescent girls*. Society for Research in Psychopathology Annual Meeting, Los Angeles, CA.

Grieshaber, A., Calentino, A., Harrison, M. S., **McDanal, R.**, & Klein, D. N. (2025, September). *Early childhood predictors of depression course*. Society for Research in Psychopathology Annual Meeting, Los Angeles, CA.

\* Murata, M., Smith, A. C., & **McDanal, R.** (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.* 5th International Single Session Therapies Symposium, Chicago, IL.

\* Ortells-Faci, P., **McDanal, R.**, & Eaton, N. R. (2025, May). *Unpacking the dimensions of loneliness: Links to transdiagnostic internalizing disparities in sexual and gender minority youth.* 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.* Annual Meeting of the Hierarchical Taxonomy of Psychopathology Consortium, 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.* Annual Meeting of the Hierarchical Taxonomy of Psychopathology Consortium, Denver, CO.

**McDanal, R.**, Parisi, D., Opara, I.<sup>†</sup>, & Schleider, J. L.<sup>†</sup> (2022, November). *Effects of brief interventions on internalizing symptoms and substance use in youth: A systematic review.* 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.* 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.* 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.* Treatment Selection Idea Lab Virtual Convention, virtual.

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

## LAB AFFILIATIONS

**SPECTRUM LAB**, Stony Brook University

**PhD Student**

Transdiagnostic psychopathology and mental health disparities.

Dir: Nicholas Eaton, PhD

2020 – current

<b>LAB FOR SCALABLE MENTAL HEALTH</b> , Northwestern University	Dir: Jessica Schleider, PhD
<b>PhD Student</b>	2020 – current
Digital intervention and health equity.	
<b>IDIOGRAPHIC DYNAMICS LAB</b> , UC Berkeley	Dir: Aaron Fisher, PhD
<b>Postbac Research Assistant</b>	2019 – 2020
Experience sampling of psychopathology and behavior.	
<b>BERKELEY SOCIAL INTERACTION LAB</b> , UC Berkeley	Dir: Dacher Keltner, PhD
<b>Undergraduate and Postbac Research Assistant</b>	2017 – 2020
Sociocultural psychology and individual emotional experience.	

## REVIEWS

*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  
 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; Peer supervisor

Responsibilities: Individual, group, and couples therapy; Assessment; Peer supervision

#### **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

- ◊ Provide individual therapy using CBT, DBT, and ACT for adults, adolescents, children, and parents.
- ◊ Integrate multiple therapeutic modalities based on client presentation and treatment setting.
- ◊ Use data from recurring standardized and personalized questionnaires to guide treatment planning.
- ◊ Conduct crisis intervention, safety planning, suicide risk assessment, and victimization risk assessment.
- ◊ Offer phone coaching and after-hours crisis management for clients with chronic emotion dysregulation.
- ◊ Implement inpatient psychiatric crisis stabilization and discharge planning.
- ◊ Organize collaborative care with multidisciplinary teams (psychiatrists, social workers, nurses).
- ◊ Deliver single-session consultations with solution-focused brief interventions.

### Group Therapy

- ◊ Lead DBT skills groups for adults, children, and families in outpatient and inpatient settings.
- ◊ 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.

### Psychological Assessment

- ◊ Conduct comprehensive evaluations using cognitive, achievement, and executive functioning batteries.
- ◊ Administer structured diagnostic interviews and other measures as clinically indicated.
- ◊ Generate integrated reports and provide individualized feedback to clients.

### Intake Coordination and Training

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

### Peer Supervision

- ◊ Supervise practicum students in the provision of CBT for anxiety in young adulthood.
- ◊ Meet weekly to discuss case conceptualization, treatment planning, and intervention implementation.

## MENTORSHIP

### Research mentor

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

- ◊ Trained mentee in study design and analysis.
  - ◊ Reciprocal relations between peer victimization, rumination, and dysphoria: A multi-wave longitudinal study of adolescent girls. *Preprint*.
  - ◊ Loneliness in sexual and gender minority youths: Critical implications of a multidimensional approach. *Preprint*.
  - ◊ The interplay of negative urgency and internalizing distress in the daily lives of sexual and gender minorities exposed to discrimination. *Upcoming oral presentation*.

- ◊ Distinguishing between-person and within-person stability in the longitudinal relationship of victimization and dysphoria in adolescent girls. *Flash talk and poster presentation*.
- ◊ Do symptoms or stressors come first? Interrelations and stability of rumination, victimization and internalizing problems among adolescent girls. *Poster presentation*.
- ◊ Unpacking the dimensions of loneliness: Links to transdiagnostic internalizing disparities in sexual and gender minority youth. *Poster presentation*.
- ◊ Temporal dynamics between peer victimization and internalizing problems in sexual and gender minoritized youth: A random intercept cross-lagged panel model. *Preregistration*.

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

- ◊ Trained mentee in study design and analysis.
- ◊ Where do differences in single-session intervention effectiveness emerge? A multilevel analysis of a body neutrality intervention for sexual and gender minority youth. *Poster presentation*.

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

- ◊ Trained mentee in intervention development.

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

- ◊ Trained mentee in experience sampling data collection.

## 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 02.23.2026*