

# Riley McDanal, M.A.

Clinical Psychological Science PhD Candidate

NSF GRFP Fellow

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## EDUCATION

<b>Stony Brook University</b> (anticipated 2026) Ph.D. in Clinical Psychology	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>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; interventions for transdiagnostic problems; identity, marginalization, and health disparities; loneliness; psychiatry nosology; measurement and assessment; open science practices.

## PUBLICATIONS

Citations: 314 / H-index: 9 (As of 09.06.2025)

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.<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*.

## 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.<sup>†</sup>, & Schleider, J.L.<sup>†</sup> (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 09.06.2025*