

# 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., awarded May 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. Flexible research funding. 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 8.26.23

*Citations: 53 / H-index: 4*

### **Peer-Reviewed 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**

Ghosh, A., **McDanal, R.**, & Schleider, J. L. (in press). 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**

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.

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](#).

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](#).

## **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)

*Collabra: Psychology* (2023)

## **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, The Center for Cognitive and Dialectical Behavior Therapy, New Hyde Park, NY.*** upcoming

Will implement 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).

*Supervisors:* TBD.

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

2021 – 2023

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

*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 – 2023

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 Management Training (PMT), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT).

*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 – 2023

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.

***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

**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 (2022 - 2023)

Society for Research in Psychopathology (2022 - 2023)

Association for Behavioral and Cognitive Therapies (2021 - 2023)

American Psychological Association (2020)

## **SKILLS**

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

*Last updated 8.26.23*