

Riley McDanal, M.A.

Curriculum Vitae

riley.mcdanal@stonybrook.edu | rileymcdanal.com

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

Structure and classification of psychopathology (HiTOP, Network Analysis); improving intervention access and effectiveness; identity and minoritization; individual differences

FELLOWSHIPS, GRANTS, AND AWARDS

Society for Research in Psychopathology EDI Scholarship — Stony Brook University
National Science Foundation Graduate Research Fellowship Program (NSF GRFP) — Stony Brook University
Graduate Research Empowering and Accelerating Talent Award (GREAT) — Stony Brook University
John Neale Endowed Graduate Student Excellence Fund — Stony Brook University
Complimentary subscription to the LifeData platform — Stony Brook University
Distinction in General Scholarship — University of California, Berkeley
Dean's List — University of California, Berkeley

PUBLICATIONS

As of 9.7.22 — *Citations: 14 / H-index: 2 / First-author H-index: 2*

5. **McDanal, R.**, Schleider, J.L., Fox, K.R., & Eaton, N.R. (2021). Loneliness in gender- and sexual orientation-diverse adolescents: Measurement invariance analyses and between-group comparisons. *Assessment*.
4. **McDanal, R.**, Parisi, D., Opara, I.*, & Schleider, J.L.* (2021). Effects of brief interventions on internalizing symptoms and substance use in youth: A systematic review. *Clinical Child and Family Psychology Review*.
3. **McDanal, R.**, Rubin, A., Fox, K.R., & Schleider, J.L. (2021). Associations of LGBTQ+ identities with acceptability and efficacy of online single-session youth mental health interventions. *Behavior Therapy*.
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*.
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*.

PREPRINTS AND WORKING PAPERS

Shen, J., Rubin, A., Hart, E. A., Cohen, K., Sung, J., **McDanal, R.**, Roulston, C., Sotomayor, I., Fox, K., Schleider, J. L. (in prep). Project rise: Building strength in the face of minority stress. [OSF Pre-Registration](#).

McDanal, R., Shen, J., Gabrielli, J., Lin, S-Y., Wang, Di., Mackin, F., Taggart, T.C., & Eaton, N.R. (in prep). Gender fluidity and personality psychopathology: Testing measurement invariance and exploring disparities using the PID-5. [OSF Pre-Registration](#).

McDanal, R., Shen, J., Fox, K.R., Eaton, N.R., & Schleider, J.L. (in prep). Predicting transdiagnostic symptom change across diverse demographic groups in an RCT of single-session interventions for adolescent depression. [OSF Pre-Registration](#).

Shen, J., Eaton, N. R., **McDanal, R.**, Fox, K. R., & Schleider, J. L. (in prep). Evaluating adolescent mental health during the COVID-19 pandemic: An intersectional and transdiagnostic approach across sexual orientation, gender identity, and race/ethnicity. [OSF Pre-Registration](#).

McDanal, R., Rodriguez-Seijas, C., Yao, A., Eaton, N.R., & Schleider, J.L. (in prep). Daily discrimination and transdiagnostic psychopathology in Black and LGBTQ+ young adults. [OSF Pre-Registration](#).

Diamond Altman, A., **McDanal, R.**, & Fisher, A.J. (in prep). Is scrolling bad for everyone? Exploring individual networks of instagram use and mood.

PRESENTATIONS

McDanal, R., Shen, J., Fox, K.R., Schleider, J.L., and Eaton, N.R. (2022). Predicting transdiagnostic symptom change across diverse demographic groups in an RCT of single-session interventions for adolescent depression. Poster to be presented at the Society for Research in Psychopathology meeting.

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. Poster to be presented at the Clinical Psychological Science Special Interest Group Exposition in the Association for Behavioral and Cognitive Therapies Convention.

McDanal, R., Shen, J., Fox, K.R., Schleider, J.L., and Eaton, N.R. (2022). 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.

McDanal, R., Rubin, A., Fox, K.R., & Schleider, J.L. (2021). 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.

McDanal, R., Shen, J., Fox, K.R., Eaton, N.R., & Schleider, J.L. (2021). 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.

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

EDITORIAL & REVIEW EXPERIENCE

Ad Hoc Reviewer

JAMA Network Open (2022)

TEACHING

Psychopathology Classification, Stony Brook University, Stony Brook, NY.

Summer 2022

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
- Conclusions / Future directions in conceptualizing psychopathology

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 and suicide
- Anxiety disorders
- Acute and posttraumatic stress disorders
- Dissociative disorders
- Somatoform disorders
- Dementia, delirium, and amnestic disorders
- Schizophrenic disorders
- Personality disorders
- Substance use disorders
- Eating disorders
- Intellectual disabilities
- Autism spectrum
- Psychological disorders in childhood
- Adjustment disorders and life-cycle transitions
- Stress and physical health
- Treatment of psychological disorders

CLINICAL

Clinician, Adult Anxiety Clinic, Krasner Psychological Center, Stony Brook, NY.

2021 - current

Implements evidence-based therapeutic techniques for depression, anxiety, panic, ADHD, and low self-esteem with adult clients. Intervention approaches include Assertiveness Training, Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT).

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

Clinician, Pediatric General Clinic, Krasner Psychological Center, Stony Brook, NY.

2021 - current

Implements evidence-based therapeutic techniques for child depression, anxiety, low self-esteem, and behavioral concerns, as well as for parent-child interaction difficulties. Intervention approaches include Parent-Child Interaction Therapy (PCIT), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Exposure Therapy.

Supervisors: Jessica Schleider, Ph.D.; Deena Abbe, Ph.D.

Clinician, Assessment Clinic, Krasner Psychological Center, Stony Brook, NY.

2021 - current

Conducts ADHD and full battery psychological assessments for children and adults.

Supervisor: Brady Nelson, 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

Aijia Yao (2021-current) — Lab for Scalable Mental Health

Michelle Yang (2022-current) — Lab for Scalable Mental Health

Peer mentor

Victoria Sarita (2021-current) — Lab for Scalable Mental Health

Lucy Gordon (2021-current) — Lab for Scalable Mental Health

Colleen McGuckin (2020-2021) — Women in Science and Engineering

COMMUNITY

Women in Science and Engineering (WISE)

Mentor (2020 - 2021).

Peer mentor to 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

Author, Supportiv, Berkeley, California.

2018 - current

Writes empirically informed mental health articles for dissemination to the public. Supervisor: Helena Plater-Zyberk.

MEDIA CONTRIBUTIONS

Supportiv, December 2021. [What Happens In Vagus Stays In Vagus](#)

Supportiv, October 2021. [How To Protect Yourself From A Guilt Trip](#)

Supportiv, September 2021. [When The Person You Care For Refuses Professional Help](#)

Supportiv, September 2021. [Instead Of Being Carefree, I'm A Young Caregiver. How Can I Be Both?](#)
Supportiv, September 2021. [Caregiver Burnout: Avoid It, Or, Rise From The Ashes](#)
Supportiv, August 2021. [Cultivate Small Joys To Survive Pandemic 2.0 \(3.0? 4.0?\)](#)
Supportiv, May 2021. [How Not To Suck At Listening](#)
Supportiv, March 2021. [Understanding Your Sexual And Gender Identity: A Guide](#)
Supportiv, March 2021. [What Am I Going To Do? Ways To Keep Moving Forward](#)
Supportiv, March 2021. [What Is Wrong With Me? 12 Lousy Feelings And How To Feel Less Broken](#)
Supportiv, February 2021. [How To Stop Holding A Grudge – For Your Own Sake](#)
Supportiv, July 2020. [Does My Insurance Cover Mental Health? How To Get Therapy \(For You Or A Friend\)](#)
Supportiv, June 2020. [Being a BLM Ally Means Being a Better Listener](#)
Supportiv, April 2021. [Defuse Anger Issues: Understanding and Managing Anger](#)
Supportiv, March 2020. [Student Loan Debt Doesn't Have To Own You](#)
Supportiv, January 2020. [How To Cope After A Coworker's Suicide](#)
Supportiv, September 2019. [Stop Feeling Like a Failure, Even If You Actually Messed Up](#)
Supportiv, September 2019. [Insightful Personal Growth and Self Improvement Quotes](#)
Supportiv, June 2019. ["How Are You?" Isn't Enough](#)
Supportiv, June 2019. [Nobody Understands: Myths About Depression](#)
Supportiv, May 2019. [How Depressed Am I? There's A Better Question](#)
Supportiv, February 2019. [Common Relationship Issues and How to Handle Them](#)
Supportiv, February 2019. [Communicating With Your Partner: Skills And Tips](#)

ASSOCIATIONS

Society for Research in Psychopathology (2022)
Association for Behavioral and Cognitive Therapies (2021 & 2022)
American Psychological Association (2020)

SKILLS

R, SPSS, Jamovi, git, bilingual in Spanish and English

Last updated 9.7.22