

# Riley McDanal, M.A.

Clinical Science PhD Candidate

NSF GRFP Fellow

[riley.mcdanal@stonybrook.edu](mailto:riley.mcdanal@stonybrook.edu) | [rileymcdanal.com](http://rileymcdanal.com)

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## EDUCATION

### **Stony Brook University**

(expected) Ph.D. in Clinical Psychology

M.A. in Psychology

Stony Brook, NY

2026

2022

### **University of California, Berkeley**

B.A. in Psychology

Berkeley, CA

2019

## RESEARCH INTERESTS

Psychiatry nosology (HiTOP, Network Analysis); improving psychological intervention access and effectiveness; treatment of transdiagnostic problems; identity, marginalization, and distress; individual differences; measurement and psychometrics; open science practices.

## 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. PI. 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**

2017-2018

University of California, Berkeley.

## **PUBLICATIONS**

As of 1.18.24

*Citations: 70 / H-index: 5*

*First-author citations: 48 / First-author H-index: 4*

### ***Peer-Reviewed Journal Articles***

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. (in press). 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*, 0(0).
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*, 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***

1. 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](#).

### ***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**

### ***Talks***

**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.

### ***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.**, 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**

### ***Instructor of Record***

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

Self-designed special topics course on the history, methodology, and clinical utility of different approaches to describing a nosology of psychopathology (DSM/ICD; RDoC; HiTOP; Network Analysis).

***Introduction to Psychology***, Stony Brook University Winter 2022

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

### ***Guest Lecturer***

***Reading in Psychology: Professional Development***, Stony Brook University Fall 2023

Presentation on writing a compelling application statement for admission to graduate programs in psychology. Support students in drafting an outline; facilitate small group discussions about their ideas.

***Evidence-Based Practice Course***, Mercer University Fall 2022

Presentation on Stony Brook's Single-Session Consultation program (designed by Dr. Jessica Schleider and Jenna Sung). Demonstrated a mock implementation of a session; facilitated student practice of a session.

## ***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

Introductory health psychology course. Topics included health behaviors; coping, resilience, and social support; health services; chronic illness; and research methods in health psychology.

**Survey in Abnormal and Clinical Psychology**, Stony Brook University

Fall 2020

Introductory clinical psychology course. Topics included definitions, causes, classification, and assessment of abnormal behavior; mood disorders; anxiety disorders; suicide; posttraumatic stress disorder; thought disorders; personality disorders; substance use disorders; eating disorders; and treatment of psychological disorders.

## **CLINICAL**

***Clinician*, Center for Cognitive and Dialectical Behavior Therapy**, New Hyde Park, NY. 2023 – current

Implements evidence-based therapeutic techniques for families, individuals, and groups. The primary intervention approach is fully adherent Dialectical Behavior Therapy (DBT), supplemented with Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

*Supervisor*: Adam Payne, Ph.D.

***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.

***Provider*, Single Session Support (S3) Center, Stony Brook University Hospital**, Stony Brook, NY. 2023

Provided single session consultations using principles from brief solution-focused therapy.

*Supervisor*: Jessica Schleider, Ph.D.

***Clinician*, Krasner Psychological Center**, Stony Brook, NY.

2021 – 2023

Implemented evidence-based therapeutic techniques for depression, anxiety, panic, inattention, low self-esteem, interpersonal difficulties, and other concerns with adults, children, adolescents, and couples. Intervention approaches included Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), the Unified Protocol (UP), Parent Management Training (PMT), and Integrative Behavioral Couple Therapy (IBCT).

*Supervisors*: Joanne Davila, Ph.D.; Jessica Schleider, Ph.D.; Sariah Daouk, Ph.D.

***Therapy Coach*, Youper**, San Francisco, CA.

2021 – 2022

Used cognitive and behavioral principles to coach adult clients with the aim of 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 and 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*)

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 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**, Berkeley, California.

2019 – 2021

Wrote empirically informed mental health articles for dissemination to the public.

## **ASSOCIATIONS**

Society for a Science of Clinical Psychology (2022 - current)

Society for Research in Psychopathology (2022 - current)

Association for Behavioral and Cognitive Therapies (2021 - current)

American Psychological Association (2020)

## **SKILLS**

R, Mplus, SPSS, Qualtrics, Spanish (proficient), Hindi (basic)

*Last updated 1.18.24*