

# Riley McDanal, M.A.

Clinical Science PhD Candidate

NSF GRFP Fellow

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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; improving psychological intervention access and effectiveness; treatment of transdiagnostic problems; identity, marginalization, and health disparities; measurement and psychometrics; individual differences; open science practices.

## FELLOWSHIPS AND GRANTS

### **National Science Foundation Graduate Research Fellowship Program (NSF GRFP)**

2022-2025

Stony Brook University. PI. Total costs: \$152,000.

### **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.

### **Honors to Date**

2017-2019

University of California, Berkeley.

### **Dean's Honors List**

2017-2018

University of California, Berkeley.

## PUBLICATIONS

As of 08.02.2024

Citations: 104 / H-index: 6

First-author citations: 62 / 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. (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*, 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.**, Schleider, J.L., and 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 given at the Annual HiTOP Meeting, San Diego, CA.

**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.

## **REVIEW EXPERIENCE**

### ***Ad Hoc Reviewer***

*JAMA Network Open* (2022)

*Collabra: Psychology* (2023)

## **TEACHING**

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

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

### **Clinical areas treated:**

Depressed mood, anxiety, panic, phobias, intrusive thoughts, chronic emotion dysregulation, impulsivity, suicidal ideation, self-injurious behavior, low self-esteem, executive dysfunction, interpersonal challenges, child behavioral concerns, marital/family concerns.

### **Modalities used:**

Dialectical Behavior Therapy (DBT); Cognitive Behavioral Therapy (CBT); Acceptance and Commitment Therapy (ACT); Unified Protocol (UP); Solution-Focused Brief Therapy (SFBT); Parent Management Training (PMT); Integrative Behavioral Couple Therapy (IBCT); Emotionally Focused Family Therapy (EFFT).

### **Positions held:**

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

Implements evidence-based therapeutic techniques for families, couples, individuals, and groups. The primary intervention approach is fully adherent Dialectical Behavior Therapy (DBT).

*Supervisor:* Adam Payne, Ph.D.

**Evaluator, Assessment Clinic, Krasner Psychological Center**, Stony Brook, NY.

2021 – current

Conducts 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 Solution-Focused Brief Therapy.

*Supervisor:* Jessica Schleider, Ph.D.

***Clinician, Krasner Psychological Center, Stony Brook, NY.*** 2021 – 2023

Implemented evidence-based therapeutic techniques for adults, children, adolescents, and couples. The primary intervention approach was Cognitive Behavioral Therapy.

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

***Therapy Coach, Youper, San Francisco, CA.*** 2021 – 2022

Used principles from Cognitive Behavioral Therapy to coach adult clients with the aim of maximizing the utility of an artificial intelligence therapeutic app.

*Supervisor:* Andrea Niles, Ph.D.

## **MENTORSHIP**

### **Research mentor**

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

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

Di Wang (2021 – current) — Spectrum Lab (*Lab Director: Dr. Nicholas Eaton*)

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**

### ***Undergraduate Mentoring Diversity Committee***

*Committee Member (2022 - current).*

Contributes to outreach, workshops, and resources for undergraduate students at Stony Brook University.

### ***Psychological Clinical Science Accreditation System (PCSAS)***

*Representative (2021 - 2023).*

Served as the PCSAS student representative for Stony Brook: 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 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.

**SKILLS**

R, Mplus, SPSS, Qualtrics, Spanish proficiency

*Last updated 08.02.2024*