

Riley McDanal, M.A.

Clinical Science PhD Candidate

NSF GRFP Fellow

riley.mcdanal@stonybrook.edu | rileymcdanal.com

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 09.08.2024

Citations: 121 / H-index: 7

First-author citations: 68 / 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 09.08.2024