

DANNY RAHAL

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Education

Doctorate of Philosophy in Psychology, Developmental Major
University of California at Los Angeles (UCLA), Los Angeles, CA, July 2016- February 2022
Minors: Health Psychology, Quantitative Psychology

Bachelor of Science with highest honors in Psychology and Bachelor of Science in Chemistry (Biochemistry Track) with distinction, University of North Carolina at Chapel Hill (UNC), Chapel Hill, NC, August 2012-May 2016

Minor: Biology

Research Support

NIDA T32 Prevention and Methodology Postdoctoral Fellow	March 2022-June 2024
NIDA Ruth Kirschstein Institutional NRSA (\$37,292)	August 2020-February 2022
UCLA Dissertation Year Fellowship (\$20,000)	July 2020-June 2021
UCLA Graduate Council Diversity Fellowship (\$8,000)	May 2020
UCLA Nancy M. Biram Research Fund in Life Sciences (\$6,000)	May 2020
UC Adolescence Consortium Seed Grant Recipient (\$10,000)	November 2019
Dr. Kayal Fund for Arab American Research (\$1,500)	November 2019
UC Adolescence Consortium Seed Grant Recipient (\$10,000)	November 2018
UCLA Graduate Research Mentorship Award (\$20,000)	October 2019-June-2020
UCLA Graduate Student Research Mentorship Award (\$6,000)	June-September 2018
UCLA Graduate Student Research Mentorship Award (\$6,000)	June-September 2017

Honors and Awards

American Psychosomatic Society Best Citation Poster Award	December 2020
UCLA Shepherd Ivory Franz Distinguished Teaching Award	June 2019
Society for Research in Adolescents Junior Mentor	April 2018
UCLA Alumni Fellow	September 2016-June 2017
UCLA Psychology Department Fellow	September 2016-June 2017
UNC McHale Award for Outstanding Psychology Research	May 2016
UNC Carolina Research Scholar	May 2016
UNC Buckley Public Service Scholar	May 2016
UNC Carolina Covenant Scholar	August 2012-May 2016
UNC Member of Honors Carolina	August 2012-May 2016
UNC Dean's List	January 2013-May 2016
UNC Karen M Gil Intern	December 2015
UNC William and Ida Taylor Research Fellow	May 2015
Global Health Fellows Program II Grant Recipient	December 2013

Research Interest(s)

The effects of social inequality on health and health behaviors, particularly substance use, in adolescents and young adults of diverse socioeconomic and ethnic backgrounds.

Research Experience

Prevention and Methodology Training Postdoctoral Fellow, Pennsylvania State University, Addiction and Innovative Methods Laboratory, Mentor: **Dr. Stephanie Lanza**. March 2022-Present.

Prevention and Methodology Training Postdoctoral Fellow, Pennsylvania State University, Family Process and Well-being Enrichment Research (POWER) Laboratory, Mentor: **Dr. Greg Fosco**. March 2022-Present.

Graduate Student Researcher, UCLA, Department of Psychology, Stress Processes and Pregnancy Laboratory, Mentor: **Dr. Chris Dunkel Schetter**. March 2020-June 2020.

Graduate Student, UCLA, Department of Psychology, Relationships and Health Laboratory, Mentor: **Dr. Theodore Robles**. September 2019-February 2022.

Graduate Student, UCLA, Department of Psychology, Adolescent Development Lab at UCLA, Mentor: **Dr. Andrew Fuligni**. August 2016-February 2022.

Research Assistant, UNC, Department of Psychiatry, Brain-Body Center for Psychophysiology and Bioengineering, Mentor: **Drs. Greg Lewis and Stephen Porges**. January 2016 – August 2016.

Ida Taylor Research Fellow, UNC, Department of Developmental Psychology, Motivation and Identity Lab, Mentor: **Dr. Beth Kurtz-Costes**. May 2015 – May 2016.

Undergraduate Research Assistant, UNC, Departments of Developmental Psychology, Mentor: **Vanessa Volpe**. August 2008 – December 2008.

Professional Experience

January 2016 – May 2016, Karen M Gil Intern at Chapel Hill-Carrboro City Schools Center for Exceptional Children, Chapel Hill, NC

September August 2013 – May 2016, Research Assistant at TEACCH Autism Center under UNC School of Medicine, Carrboro, North Carolina

Publications

*Notes co-first authorship.

Dunkel Schetter, C., **Rahal, D.**, Julian, M., Mancuso, R., Hobel, C. J., & Coussons-Read, M. (In Press). Pregnancy anxiety and gestational length: A test of the predictive power of a latent factor across measures on outcomes.

Rahal, D., Shirtcliff, E. A., Fuligni, A. J., Kogut, K., Gonzales, N., Johnson, M., Eskenazi, B., Deardorff, J. (In Press). Dampened psychobiological responses to stress and substance use in adolescence. *Development & Psychopathology*.

Rahal, D., Fales, M., Haselton, M. G., Slavich, G. M., & Robles, T. F. (In Press). Attractiveness and dominance as criteria for judging social status. *Evolutionary Psychology*.

Rahal, D., Fales, M., Haselton, M. G., Slavich, G. M., & Robles, T. F. (In Press). Achieving status and reducing loneliness in the transition to college life: The role of entitlement, intrasexual competitiveness, and dominance. *Social Development*.

- Rahal, D.***, Tashjian, S. M.*, Karan, M., Eisenberger, N., Galván, A., Hastings, P. D., Fuligni, A. J., & Cole, S. W. (In Press). Resting parasympathetic nervous system activity is associated with greater antiviral gene expression. *Brain, Behavior, & Immunity*.
- Karan*, M., **Rahal***, D., Almeida, D. M., Bower, J. E., Irwin, M. R., McCreath, H., Seeman, T., & Fuligni, A. J. (In Press). School commute time, chronotype, and HPA axis functioning during adolescence. *Psychoneuroendocrinology*.
- Rahal, D.**, & Kurtz-Costes, B. (In Press). Mistreatment and visibility among Arab Americans. *Psychology of Religion & Spirituality*.
- Tashjian*, S. M., **Rahal***, D., Karan, M., Eisenberger, N., Galan, A., Cole, S. W., Fuligni, A. J. (In Press). Evidence from a randomized controlled trial that altruism moderates the effect of prosocial acts on adolescent well-being. *Journal of Youth and Adolescence*.
- Rahal, D.**, Chiang, J. J., Fales, M., Slavich, G. M., Haselton, M. G., Fuligni, A. J., & Robles, T. F. (2020). Early life stress, social status, and health during late adolescence. *Psychology & Health*, 35(12), 1531-1549.
- Rahal, D.**, Huynh, V. W., Cole, S., Seeman, T., & Fuligni, A. J. (In Press). Subjective social status and health during high school and young adulthood. *Developmental Psychology*.
- Huynh, V. W., **Rahal, D.**, Mercado, E., Irwin, M., McCreath, H., & Fuligni, A., J. (In Press). Discrimination and health: A dyadic approach. *Journal of Health Psychology*.
- Volpe, V. V., **Rahal, D.**, Holmes, M., Rivera, S. (In Press). Is hard work and high effort always healthy for Black college students? John Henryism in the face of racial discrimination. *Emerging Adulthood*.
- Rahal, D.**, Chiang, J. J., Bower, J. E., Irwin, M. R., Venkatraman, J., & Fuligni, A. (2020). Subjective social status and stress responsivity in late adolescence. *Stress*, 23(1), 50-59.
- Volpe, V. V., Dawson, D., **Rahal, D.**, Wiley, K., & Vesslee, S. (2019). Bringing psychological science to bear on racial health disparities: The promise of centering Black health through a critical race lens. *Translational Issues in Psychological Science*, 5(4), 302–314.
- Volpe, V. V., Lee, D. B., Hoggard, L. S., & **Rahal, D.** (2019). Emerging into Black adulthood: Racial identity and religious coping for physiological functioning. *Journal of Adolescent Health*, 64 (2), 179-185.
- Rahal, D.**, Alkon, A., Shirtcliff, E. A., Johnson, M., Gonzales, N., Fuligni, A. J., Kogut, K., Eskenazi, B., & Deardorff, J. (invited resubmission). Substance use and autonomic nervous system responses to stress in adolescence.
- Rahal, D.**, Bower, J. E., Irwin, M. R., Fuligni, A. J., & Chiang, J. J. (invited resubmission). Higher resting respiratory sinus arrhythmia is related to greater emotion reactivity to social-evaluative threat.
- Rahal, D.**, Huynh, V. W., Irwin, M. R., McCreath, H., & Fuligni, A. (invited resubmission). Links between perceived mistreatment, affect, and daily interactions during adolescence.
- Rahal, D.**, Kurtz-Costes, B., & Volpe, V. (invited resubmission). Measuring ethnic identity in Arab Americans: Gender, religious upbringing, and age differences.
- Rahal*, D.** & Shaw*, S. T. (invited resubmission). Documenting the impacts of the COVID-19 transition to remote learning for university students and examining the role of socioeconomic status.
- Rahal, D.**, Shaw, S. T., & Stigler, J. W. (invited resubmission). Students of lower socioeconomic status show greater distress prior to academic exams.
- Guardino, C. M., **Rahal, D.**, Rinne, G. R., Mahrer, N. E., Davis, E. P., Ramey, S. L., Shalowitz, M., Adam, E. K., & Dunkel Schetter, C. (invited resubmission). Diurnal salivary cortisol patterns

- in preschool-aged children: Associations with maternal pre-pregnancy, prenatal, and postpartum stress.
- Haydon, M. D., Walsh, L. C., Fritz, M. M., **Rahal, D.**, Lyubomirsky, S., & Bower, J. E. (invited resubmission). Kindness interventions for early-stage breast cancer survivors: An online pilot randomized controlled trial.
- Rahal, D.**, Bower, J. E., Irwin, M. R., & Fuligni, A. J. (under review). Adolescent substance use and emotion reactivity: Differences by emotional valence.
- Rahal, D.**, Chiang, J. J., Bower, J. E., McCreath, H., & Fuligni, A. J. (under review). Subjective social status and daily eating behavior in late adolescence.
- Rahal, D.**, Irwin, M. R., & Fuligni, A. J. (under review). Family meals are related to lower substance use among female adolescents.
- Rahal, D.**, & Singh, A. (under review). Emotion support relates to daily emotion through role fulfillment.
- Rahal, D.**, & Singh, A. (under review). Racial discrimination moderates associations between sociopolitical discussions and well-being among racial minority college students.

Presentations

- Rahal, D.**, Fuligni, A. J., & Chiang, J. J. (accepted). Resting respiratory sinus arrhythmia is related to greater emotion reactivity to social-evaluative stress. Flash talk at the 2022 International Society for Research on Emotion.
- Rahal, D.**, (2022, May). Sociopolitical discussions, everyday discrimination, and mental health among late adolescents during the 2020 election. Flash talk at the SRCD Special Topic Meeting: Construction of the ‘Other’: Development, Consequences, and Applied Implications of Racism, Prejudice, and Discrimination.
- Rahal, D.** & Chiang, J. J. (2022, March). Associations between emotion responses to daily and acute stress. Flash talk at the 2022 American Psychosomatic Society Meeting.
- Rahal, D.** & Fuligni, A. J. (2022, March). Family meals are protective against substance use among female adolescents. Poster at the 2022 American Psychosomatic Society Meeting.
- Rahal, D.**, Fuligni, A. J., Alkon, A., Johnson, M., Shirtcliff, E. A., Gonzales, N., Dahl, R., Kogut, K., Eskenazi, B., Deardorff, J. (2021, April). Substance use and autonomic nervous system responses to stress in adolescence. Flash Talk at the 2021 SRCD Virtual Biennial Meeting.
- Rahal, D.**, Fuligni, A. J. (2021, April). Emotional reactivity to daily stress and substance use throughout adolescence. Flash Talk at the 2021 SRCD Virtual Biennial Meeting.
- Karan, M. F., **Rahal, D.**, Almeida, D., Bower, J. E., Irwin, M. W., McCreath, H., Seeman, T., & Fuligni, A. J. (2021, April). School commute time, chronotype, and HPA axis functioning during adolescence. Poster Presentation at the 2021 SRCD Virtual Biennial Meeting.
- Rahal, D.**, Chiang, J. J., & Fuligni, A. J. (2020, December). Subjective social status and food intake among young adults. Virtual Citation Poster at the 2020 Virtual Meeting of the American Psychosomatic Society.
- Rahal, D.**, Shaw, S. T., & Stigler, J. W. (2020, December). Students of lower socioeconomic status show greater distress prior to academic exams. Poster Presentation at the 2020 American Psychosomatic Society Virtual Meeting.
- Rahal, D.**, Huynh, V., & Fuligni, A. J. (accepted). Subjective social status and affective responses to academic and interpersonal stress in adolescence. Paper presentation for the 2020 American Psychosomatic Society Annual Meeting. Long Beach, CA.
- Rahal, D.**, Fuligni, A. J., Johnson, M., Shiftcliff, E., Gonzales, N., Dahl, R., Kogurt, K., Eskenazi, B., & Deardorff, J. (accepted). Blunted affective and physiological stress responses and substance

- use in adolescence. Symposium for the 2020 Society for Research on Adolescence Biennial Meeting. San Diego, CA.
- Rahal, D.,** Huynh, V., & Fuligni, A. (2019, March). Discrimination and daily activities during adolescence. Paper presentation for the 2019 American Psychosomatic Society Annual Meeting. Vancouver, BC, Canada.
- Rahal, D.,** Chiang, J.J., Bower, J., & Fuligni, A. (2018, April). Subjective social status modulates stress reactivity among late adolescents. Poster presentation for the 2018 Society for Research on Adolescence Biennial Meeting. Minneapolis, Minnesota.
- Rahal, D.,** Huynh, V., Irwin, M., & Fuligni, A. (2018, April). Changes in subjective social status during the transition from high school. Poster presentation for the 2018 Society for Research on Adolescence Biennial Meeting. Minneapolis, Minnesota.
- Rahal, D.,** & Kurtz-Costes, B. (2018, April). Assessing Arab American ethnic identity and differences by gender, household religion, and age. Poster presentation for the 2018 Society for Research on Adolescence Biennial Meeting. Minneapolis, Minnesota.
- Huynh, V., **Rahal, D.,** Mercado, E., Irwin, M., McCreath, H., Venkatraman, J., & Fuligni, A. (2018, April). Discrimination and health among parent-adolescent dyads. Poster presentation for the 2018 Society for Research on Adolescence Biennial Meeting. Minneapolis, Minnesota.
- Rahal, D.,** Kurtz-Costes, B., & Volpe, V.V. (2017, May). Contextualizing historical events: A retrospective assessment of changes in Arab American identity over time. Poster presentation for the 29th Association for Psychological Science Convention. Boston, MA.
- Rahal, D.,** Kurtz-Costes, B., & Volpe, V.V. (2017, March). A measure of Arab racial/ethnic identity and differences found by racial identification, gender, and religion. Poster presentation for the 2017 Society for Research in Child Development's Biennial Meeting. Austin, TX.
- Rahal, D.,** Kurtz-Costes, B., & Volpe, V.V. (2017, March). A retrospective study on the impact of 9/11 on Arab sense of belonging and identity today. Poster presentation for 2017 Society for Research in Child Development's Biennial Meeting. Austin, TX.
- Volpe, V.V., **Rahal, D.,** & Holochwost, S. (2017, March). Stress and coping: The racial discrimination to health process for Black adolescents and respiratory sinus arrhythmia. Poster presentation for the 2017 Society for Research in Child Development's Biennial Meeting. Austin, TX.
- Rahal, D.** (2016, May). Better addressing student needs: Interning with the exceptional children department. Poster Presented at the Dept. of Psychology and Neuroscience 2016 Spring Gil Showcase. Chapel Hill, NC.
- Rahal, D.,** Kurtz-Costes, B., & Volpe, V. (2016, April) Arab American identity and intergroup bias. Poster Presented at the Office of Undergraduate Research 2016 Celebration of Undergraduate Research Poster Session, Dept. of Psychology and Neuroscience 2016 Honors Poster Session, and the North Carolina Psychology Association 2016 Undergraduate Conference. Charlotte, NC.

Select Popular Press and Other Works

*Notes undergraduate students.

- Eisert, S.*, & **Rahal, D.** (2020, April). The Benefits of Higher Social Status: Climbing the Social Ladder. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/6/11/the-benefits-of-higher-social-status-climbing-the-social-ladder-ht8ch?rq=danny%20rahal>
- Lamas, K.*, & **Rahal, D.** (2020, April). Racial differences in Diurnal Cortisol. [Web blog post].

- Lamas, K.*, & **Rahal, D.** (2020, April). Diurnal Patterns of Cortisol. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/6/11/diurnal-patterns-of-cortisol?rq=danny%20rahal>
- Li, E.*, Eisiert, S.*, & **Rahal, D.** (2020, April). Physiology and Understanding Emotions. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/5/28/physiology-and-understanding-emotions?rq=danny%20rahal>
- Li, E.*, & **Rahal, D.** (2020, April). Gender Differences in Depression: The Role of Inflammation. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/5/28/gender-differences-in-depression-the-role-of-inflammation>
- Mulugeta, S.*, & **Rahal, D.** (2020, April). Tips for being a Pre-Med Psychobiology Student. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/premedstudent?rq=Psychobiology%20Student>
- Sarwar, M.*, & **Rahal, D.** (2020, April). What Makes a Bully? Looking into the Parent-Child Relationship. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/4/5/what-makes-a-bully-looking-into-the-parent-child-relationship?rq=What%20Makes%20a%20Bully%3F%20Looking%20into%20the%20Parent-Child%20%20Relationship>
- Williams, B.*, & **Rahal, D.** (2020, April). Sleep and Inflammation During Adolescence. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2020/4/6/sleep-and-inflammation-during-adolescence?rq=Sleep%20and%20Inflammation%20During%20Adolescence>
- Rahal, D.** (2019, August). Pervasiveness of Racial Discrimination. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2019/9/3/pervasiveness-of-racial-discrimination>
- Arya, P.*, & **Rahal, D.** (2018, April). Teenage Brains Can't Do Better in Important Situations. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2018/4/29/teenage-brains-and-high-stakes-situations>
- York, W.*, & **Rahal, D.** (2018, April). The Healthy and Unhealthy Sides of Calorie Counting and Fitness Tracking Technology. [Web blog post]. <https://www.psychologyinaction.org/psychology-in-action-1/2018/4/29/calorie-counting-and-fitness-tracking-technology-associations-with-eating-disorder-symptomology>
- Rahal, D.** (2018, March). Consequences of Low Status: Balancing Sociality and Self-Preservation. [Web blog post]. Retrieved from <https://www.psychologyinaction.org/psychology-in-action-1/perceived-status-and-behavior>
- Rahal, D.** (2017, October). Understanding Cellular Aging. [Web blog post]. Retrieved from <https://www.psychologyinaction.org/psychology-in-action-1/2017/10/29/understanding-cellular-aging>
- Rahal, D.** (2017, October). Do Our Cells Age as Quickly as We Do?. [Web blog post]. Retrieved from <https://www.psychologyinaction.org/psychology-in-action-1/2017/10/16/r85ok30gdaft1ckncxo4w3u9b29f6u>
- Rahal, D.** (2017, July). Polyvagal Theory Part 2: The Stress Response. [Web blog post]. Retrieved from <https://www.psychologyinaction.org/psychology-in-action-1/5805/>
- Rahal, D.** (2016, October). Polyvagal Theory Part 1: The Wandering Nerve. [Web blog post]. Retrieved from <https://www.psychologyinaction.org/psychology-in-action-1/2016/10/29/polyvagal-theory-stress-responses-and-the-wandering-nerve/>

Teaching Experience

Teaching Assistant

Psychology 151, Health Research Methods, Spring 2018 UCLA—Median rating: 9/9

Psychology 100B, Research Methods, Winter 2018, Spring 2019 UCLA—Median rating: 9/9

Psychology 130, Developmental Psychology, Fall 2017 UCLA—Median rating: 9/9

Psychology 250A, Advanced Psychological Statistics, Fall 2018, Fall 2019 UCLA—Median rating: 9/9

Psychology 250B, Advanced Psychological Statistics, Winter 2018 UCLA—Median rating: 9/9

Reader

Psychology 150, Health Psychology, Fall 2017, Winter 2018

Guest Lecturer

Social Development, Fall 2021, Spring 2022, California State University, Northridge—Self and Identity

Psychology 133B, Cognitive Development, Winter 2019 UCLA—Social Status and Cognition

Health Psychology/Behavioral Medicine Seminar, Winter 2019 UCLA—Subjective Social Status and the Stress Response

Psychology 133B, Cognitive Development, Fall 2018 UCLA—Changes in Perceived Status throughout Adolescence

Psychology 150, Health Psychology, Summer 2018 UCLA—Racial Disparities in Health

Psychology 151, Health Research Methods, Spring 2018 UCLA—Conducting a Literature Search

Psychology 98TA, Human Development in the Context of Social Class, Winter 2018 UCLA—Physiological Stress and Social Status

Leadership and Service

January 2017 – June 2022, Graduate-Undergraduate Mentorship Program, Los Angeles, CA

- Mentored three undergraduate students to navigate the application process for doctoral programs

January 2017 – June 2020, Psychology in Action President, Los Angeles, CA

- Wrote popular science articles and mentored 10 undergraduate students to disseminate findings from peer-reviewed articles to the public
- Managed graduate students to maintain blog readership, podcast, and outreach events

January 2016 – September 2019, Underrepresented Graduate Students in Psychology, Los Angeles, CA

- Organized three classroom presentations and outreach events at local high schools
- Advised high school students about fee waivers and college applications

September 2017 – September 2019, Psychology Graduate Student Association Vice President, Los Angeles, CA

- Connected psychology graduate students, other departments, and community organizations
- Planned social events and facilitated interaction among psychology graduate students across the department