

TIMOTHY S. MCHALE, Ph.D.

BIOMEDICAL ANTHROPOLOGIST

California Polytechnic State University, San Luis Obispo
Social Sciences Department, Bldg. 47, Rm. 13
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San Luis Obispo, CA

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SUMMARY

Four-field Biocultural Anthropologist, utilizing methods and theories in Human Biological Evolution, Comparative Primate and Human Behavior, Biomedical Anthropology, Behavioral Endocrinology, and Cultural Anthropology to explain cross-cultural patterns of human variation, health, development, sexuality, gender, and behavior.

- **Experienced instructor:** Instructor of record for **80 courses** (40 taught online), with **13 course offerings**.
- **Coauthored 13 peer-reviewed scientific publications and two manuscripts currently under review.**
- **Biomedical and Behavioral Endocrinology research focuses on underrepresented populations:** Transgender males in North America, the Tsimané forager-horticulturalists of the Bolivian Amazon, and urban Hong Kongese juvenile children.
- **Wenner-Gren Foundation grant-funded scholar:** Directed international field research in the U.S. and Hong Kong, resulting in 6 lead-author publications studying the relationship between juvenile children's reactive steroid hormones to social and physical stressors of competition and performance.
- **Published and/or peer reviewer for numerous journals:** *The American Journal of Human Biology, Hormones and Behavior, Human Nature, PLOS ONE, Psychoneuroendocrinology, Sports Sciences, Archives of Sexual Behavior, Steroids, Evolutionary Psychological Science, Adaptive Human Behavior and Physiology, Computers in Human Behavior, and the International Journal of Human Sexuality*

EDUCATION

2017 – University of Nevada, Las Vegas

Ph.D. - Biological Anthropology

Advisors: Drs. Peter Gray, Alyssa Crittenden, Brian Villmoare, Pierre Liénard, and Erin Hannon

2011 – Durham University (United Kingdom)

M.Sc. - Evolutionary Anthropology

2007 – University of Central Florida

B.S. - Biology; B.A. - Philosophy

MEDICAL CERTIFICATIONS

2011 – University of Incarnate Word

Clinical Allergy Specialist

ACADEMIC & RESEARCH APPOINTMENTS

Oregon State University

Fall 2023 – Present

Lecturer

Department of Anthropology

Ohio University, Zanesville

Fall 2023 – Present

Lecturer

Department of Sociology and Anthropology

University of North Carolina, Wilmington

Spring 2023 – Present

Lecturer

Department of Anthropology

California State University, Northridge

Fall 2022 – Spring 2023

Lecturer

Anthropology Department

University of Texas, Rio Grande Valley

Summer 2022 – Spring 2023

Lecturer

Department of Anthropology

California State University, Dominguez Hills

January 2022 – Present

Lecturer

Anthropology Department

Simply Rational GmbH - The Decision Institute

Berlin, Germany

December 2021 – March 2023

Applied Behavioral Scientist Contractor

Data and behavioral science consultancy and a spin-off of the Max Planck Institute for Human Development

**California Polytechnic State University,
San Luis Obispo**

January 2021 – Present

Lecturer

Social Sciences Department

Central Washington University

September 2018 – July 2022

Lecturer

Department of Anthropology and Museum Studies

University of Connecticut

January 2022 – May 2022

Lecturer

Anthropology Department

Boston University

June 2019 – December 2021

Postdoctoral Research Associate

Dr. Carolyn Hodges-Simeon's Biomedical Anthropology and Behavioral Ecology Lab

College of the Canyons

August 2017 – July 2018

Adjunct Faculty

Department of Anthropology

University of Nevada, Las Vegas

January 2013 – December 2017

Lecturer and Graduate Teaching Assistant

Department of Anthropology

University of Hong Kong

August 2016 – January 2017

Honorary Research Associate

School of Modern Languages and Cultures

C O U R S E S T A U G H T

***N* = 80 (34 online; 13 course offerings)**

Oregon State University

Fall 2023 – Present

1 Course (online)

Introduction to Biological Anthropology

Ohio University, Zanesville

Fall 2023 – Present

1 Course (online)

Introduction to Biological Anthropology

University of North Carolina, Wilmington

2 Courses (online)

Spring 2023 – Present

California State University, Northridge

Fall 2022 – Present

University of Texas, Rio Grande Valley

Summer 2022 – May 2023

California State University, Dominguez Hills

Spring 2022 – Present

University of Connecticut

Spring 2022

California Polytechnic State University

Winter 2021 – Present

Central Washington University

Fall 2018 – Summer 2022

College of the Canyons

Fall 2017 – Summer 2018

University of Nevada, Las Vegas

Spring 2017

University of Nevada, Las Vegas

Fall 2013 – Spring 2016

University of Nevada, Las Vegas

Spring 2013 – Spring 2016

Medical Anthropology (2x)

3 Courses (on campus and online)

Cultural Anthropology, World Cultures and Societies, Individual and Culture (Psychological Anthropology)

5 Courses (online)

Human Evolution (4x), Cultural Anthropology

12 Courses (on campus and online)

Introduction to Biological Anthropology (6x; 1x online), Human Variation, Cultural Anthropology, Biological Anthropology Seminar (2x), Human Osteology

1 Course (online)

Human Behavioral Ecology

18 Courses (online)

Human Behavioral Ecology (3x), Biological Anthropology (5x); Sex, Death, and Human Nature (8x); Culture and Health; Cultural Anthropology

18 Courses (on campus and online)

Exploring Biological Anthropology (12x total; 7x online), Human Variation & Adaptation in Living Populations (5x total; 2x online), Anthropology of Sport

10 Courses (on campus)

Introduction to Physical Anthropology (6x), Physical Anthropology Lab (3x), Cultural Anthropology

1 Course (on campus)

Introduction to Cultural Anthropology

8 Lab Courses (on campus)

Introduction to Physical Anthropology Lab

Graduate Teaching Assistant (on campus)

Introduction to Physical Anthropology, Ethnographic Field Methods, Male Studies (online course), Evolution of Everything, and Primate Evolution

PUBLICATIONS (N = 13)

Ratings

h-index: 7, **Citations:** 264 (Google Scholar)

Note: Student coauthors are underlined

Journal Publications:

1. Albert, G., Richardson, G. B., Arnocky, S., Bird, B., Fisher, M., Hlay, J., **McHale, T. S.**, & Hodges-Simeon, C. R. 2022. Psychometric Evaluation of the Intrasexual Competition Scale. *Archives of Sexual Behavior*, 1-18. <https://doi.org/10.1007/s10508-021-02167-6>
2. Hodges-Simeon, C. R., Richardson, G. B., Albert, G., **McHale, T. S.**, Weinberg, S., Gurven, M., & Gaulin, S. 2021. Was facial width-to-height ratio a product of sexual selection? A life course approach. *PLOS ONE*, 16(3): e0240284. <https://doi.org/10.1371/journal.pone.0240284>
3. **McHale, T. S.**, Gray, P. B., Hodges-Simeon, C. R., Zava, D. T., Albert, G., Chan, K., & Chee, W. 2020. Juvenile children's salivary aldosterone and cortisone decrease during informal math and table-tennis competitions. *Adaptive Human Behavior and Physiology*, 6(4), 413-435. <https://doi.org/10.1007/s40750-020-00146-0>
4. **McHale, T. S.**, Chee, W., Hodges-Simeon, C. R., Zava, D. T., Albert, G., Chan, K., & Gray, P. B. 2020. Salivary aldosterone and cortisone respond differently to high- and low-psychologically stressful soccer competitions. *Sports Sciences*, 38(23), 2688-2697. <https://doi.org/10.1080/02640414.2020.1796164>
5. Hodges-Simeon, C. R., Grail, G., Albert, G., Landry, N., Ortiz, T. L., Carré, J. M., **McHale, T. S.**, & Arnocky, S. A. 2020. Testosterone, cortisol, and secretory immunoglobulin-A within a single day and across two sequential days among *trans*- and *cis*-gender men. *Steroids*, 160, 108640. <https://doi.org/10.1016/j.steroids.2020.108640>
6. Gray, P.B., Straftis, A., Bird, B., **McHale, T. S.**, & S. Zilioli. 2019. Human reproductive behavior, life history, and the Challenge Hypothesis: A 30-year review, retrospective and future directions. *Hormones and Behavior*, 123, 104530. <https://doi.org/10.1016/j.yhbeh.2019.04.017>
7. **McHale, T. S.**, Gray, P. B., Chan, K., Zava, D. T., & Chee, W. 2018. Hong Kongese juvenile boys' salivary steroid hormone responses during a dyadic athletic competition. *American Journal of Human Biology*, e23190. <https://doi.org/10.1002/ajhb.23190>
8. **McHale, T. S.**, Chee, W., Chan, K., Zava, D. T., & Gray, P. B. 2018. Coalitional physical competition: acute salivary steroid hormone responses among juvenile male soccer players in Hong Kong. *Human Nature*, 29(3), 245-267. <https://doi.org/10.1007/s12110-018-9321-7>
9. **McHale, T. S.**, Gray, P. B., Chan, K., Zava, D. T., & Chee, W. 2018. Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition. *Adaptive Human Behavior and Physiology*, 4(3), 223-247. <https://doi.org/10.1007/s40750-018-0089-0>
10. Gray, P. B., Vuong, J., Zava, D., & **McHale, T. S.** 2018. Testing men's hormone responses to playing League of Legends: No change in testosterone, cortisol, DHEA or androstenedione but a decrease in aldosterone. *Computers in Human Behavior*, 83, 230-234. <https://doi.org/10.1016/j.chb.2018.02.004>
11. Gray, P. B., **McHale, T. S.**, & Carré, J. M. 2017. A review of human male field studies of hormones and behavioral reproductive effort. *Hormones and Behavior*, 91, 52-67. <https://doi.org/10.1016/j.yhbeh.2016.07.004>
12. **McHale, T. S.**, Zava, D. T., Hales, D., & Gray, P. B. 2016. Physical competition increases dehydroepiandrosterone (DHEA) and androstenedione rather than testosterone among juvenile boy soccer players. *Adaptive Human Behavior and Physiology*, 2(1), 44-56. <https://doi.org/10.1007/s40750-015-0030-8>

Encyclopedia Publications:

13. **McHale, T. S.**, & Gray, P. B. 2015. Anatomy, Male. In P. Whelehan & A. Bolin (Eds.), *The International Encyclopedia of Human Sexuality*, 75-78. Chichester, West Sussex: Wiley-Blackwell.
<https://doi.org/10.1002/9781118896877.wbiehs026>

MANUSCRIPTS UNDER REVIEW OR IN PREPARATION

1. Hodges-Simeon, C. R., Arnocky, S., **McHale, T. S.**, Albert, G., Gurven, M., & Gaulin, S. C. Masculine voice is associated with better mucosal immune defense in adolescent and adult males. *Revise and Resubmit. Evolution and Human Behavior.*
2. Villmoare, B., Klein, D., Liénard, P., & **McHale, T. S.** *Under Review.* Time and the fitness landscape: modeling temporal factors in development and behavior. *PLOS ONE.*

STUDENT MENTORSHIP

California Polytechnic State University
Fall 2022 – Spring 2023

Social Sciences Department

Mentored former undergraduate first-generation Latinx student in all facets of the graduate application process, **E. Morales** was recently accepted to the Anthropology Ph.D. program at UCLA starting in Fall 2023.

Boston University, Boston
Fall 2019 – December 2021

Anthropology Department

Mentored Ph.D. student **G. Albert's** directed study on Methods in Biological Anthropology and **coauthored three publications together.**

University of Hong Kong, Hong Kong
Summer 2016 – Fall 2017

School of Modern Languages and Cultures

Mentored a master's student **K. Chan** at the University of Hong Kong, who assisted in my field research, data collection, and manuscript editing, culminating in **five coauthored publications.**

University of Nevada, Las Vegas
Summer 2016 – Spring 2017

Anthropology Department

Mentored a freshman Anthropology undergraduate student **J. Vuong** who performed participant recruitment, data collection, and manuscript writing, resulting in his **first coauthored publication** in *Computers and Human Behavior.*

GRANTS, AWARDS, AND SCHOLARSHIPS

- **Project Title:** Learning to Game, Gaming to Learn: Investigating steroid hormone reactive changes, cognitive abilities, and learning strategies in eSports athletes. Initiation Grant for Faculty Niche Research Areas at Hong Kong Baptist University. **Grant Amount: \$108,000; Under Revision.**
Co-PIs: **Timothy Mchale**, California State University, Dominguez Hills; Wai-chi Chee, Hong Kong Baptist University; Carolyn Hodges-Simeon, Boston University. Co-Is: Peter Gray, University of Nevada, Las Vegas; Yarrow Dunham, Yale University.
- UNLV Liberal Arts Summer Graduate Research Award. **Award Amount: \$3,000; 2017.**

- **Project Title:** Investigating Acute Steroid Hormone Change in Response to Competition among Hong Kong Juvenile Boys. The Wenner-Gren Foundation Dissertation Fieldwork Grant. **Grant Award: \$11,473; 2016.** Co-PIs: **Timothy McHale** & Peter Gray, University of Nevada, Las Vegas.
- UNLV College of Liberal Arts Faculty – Ph.D. summer scholarship. **Award Amount: \$3,000; 2016.**
- UNLV Patricia J. Sastaunik Honors Scholarship. **Award Amount: \$2,500; 2016, 2017.**
- UNLV Anthropology Department Edwards & Olswang Scholarship. **Award Amount: \$2,000; 2016.**
- UNLV International Programs Scholarship for Graduate Research. **Award Amount: \$1,000; 2015.**

CONFERENCE PRESENTATIONS & INVITED TALKS

Invited Seminar Talk November 2022 Cal State University, Dominguez Hills	California State University, Dominguez Hills, Anthropology Department <i>Biomarkers: a tool for investigating behavior, stressors of competition, and cognitive development</i>
Podium Presentation May 2019 Boston University	Human Behavior and Evolution Society <i>Human reproductive behavior, life history, and the Challenge Hypothesis: A 30-year review, retrospective and future directions</i>
Podium Presentation April 2018 Austin, TX	American Association of Physical Anthropologists <i>Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition</i>
Podium Presentation February 2018 University of Nevada, Las Vegas	Society for Cross-Cultural Research <i>Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition</i>
Podium Presentation November 2017 University of San Diego	Southwestern Association of Biological Anthropologists <i>Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition</i>
Podium Presentation May 2017 Boise State University	Human Behavior and Evolution Society <i>Ontogeny and mechanisms of coalitional competition: Acute hormone responses among juvenile boy soccer players in Hong Kong</i>
Invited Seminar Talk October 2016 University of Hong Kong	School of Modern Languages and Cultures <i>A Cross-Cultural and Evolutionary Examination of Prepubescent Children's Hormone Responses to Physical and Non-Physical Forms of Competition</i>
Poster Presentation March 2015 St. Louis, Missouri	Human Biology Association <i>Investigating Steroid Hormone Change in Response to Competition in Juvenile Boys</i>

CLINICAL MEDICAL EXPERIENCE

United Allergy Services
May 2012 – January 2013
Nationwide

Physician Orientation Specialist

Provided a 1.5-hour physician orientation presentation to medical providers, medical directors, and staff who recently partnered with United Allergy Services. The purpose was to educate the staff on clinical processes and procedures regarding and insurance coverage for allergy testing and administration of allergen immunotherapy.

United Allergy Services
August 2011 – May 2012
Texas, Oklahoma, Louisiana territories

Quality Assurance Specialist

Responsible for the quality assurance activities of United Allergy Services, which included reviewing lab clinician practices related to established clinical protocols, policy, and procedures across three state territories.

United Allergy Services; Lifetime Family Medicine
January 2011 – August 2011
Flower Mound, Texas

Clinical Allergy Specialist

Offered specialized allergy related diagnosis and management tools to patients suffering from allergies. Administered allergy tests, created custom allergy immunotherapy serum medication and instructed patients how to use custom-designed antigen therapies to patients.

SERVICE TO THE DISCIPLINE

- Fall 2021: Reviewer for *Adaptive Human Behavior and Physiology*
- Summer 2021: Reviewer for *Adaptive Human Behavior and Physiology*
- Summer 2021: Reviewer for *Evolutionary Psychology*
- Spring 2021: Reviewer for *Hormones and Behavior*
- Spring 2020: Reviewer for *Evolutionary Psychological Science*
- Spring 2019: Reviewer for *PLOS ONE*
- Summer 2017: Reviewer for *Psychoneuroendocrinology*
- Spring 2017: Reviewer for *Evolutionary Psychology*
- Spring 2017: Reviewer for *PLOS ONE*
- Spring 2015: Co-reviewer for a book chapter in *Springer*
- Spring 2014: Co-reviewer for *The Journal of Gerontology: Social Sciences*

PROFESSIONAL AFFILIATIONS

- Society for Cross-cultural Research (since 2017)
- Human Behavior and Evolution Society (since 2017)
- American Association of Biological Anthropologists (since 2016)
- Human Biology Association (since 2015)