

TIMOTHY S. MCHALE, Ph. D.

BIOCULTURAL ANTHROPOLOGIST

California State University, Dominguez Hills
Anthropology Department
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SUMMARY

Interdisciplinary trained applied biocultural anthropologist with a combined 12 years of teaching, research, publishing, and medical field experience. My expertise lies at the intersection of Human Evolutionary Biology, Medical Anthropology, Human Behavioral Ecology, Psychoneuroendocrinology, and Childhood Development to explain cross-cultural patterns of human variation, health, physiology, sexuality, gender, and behavior.

- **Wenner-Gren Foundation grant funded scholar:** led international field research projects in the USA and Hong Kong, resulting in 6 lead-author publications that detail how reactive steroid hormones mediate social and physical stressors of competition and individual performance within juvenile children.
- **Co-author of 13 peer-reviewed scientific publications, which include underrepresented populations:** Urban Hong Kongese juvenile children, transgender males in North America, and Tsimané forager-horticulturalists of the Bolivian Amazon
- **Extensive experience in cross-cultural field research design utilizing mixed methods:** questionnaires (e.g., Qualtrics, semi-structured interviews), biomarkers (e.g., salivary hormones, anthropometrics), behavioral measures, and statistical analysis utilizing large cross-cultural data sets via SPSS
- **Published work in and/or peer reviewer for** *Hormones and Behavior*, *Human Nature*, *PLOS ONE*, *Psychoneuroendocrinology*, *Archives of Sexual Behavior*, *Steroids*, *Evolutionary Psychology*, *Adaptive Human Behavior and Physiology*, *Sports Sciences*, *The American Journal of Human Biology*, *Evolutionary Psychological Science*, *Computers in Human Behavior*, and the *International Journal of Human Sexuality*
- **Instructor of record:** 11 different Anthropology courses; 61 total Anthropology courses taught

EDUCATION

2017 - University of Nevada, Las Vegas	Ph.D. – Biological Anthropology
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
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ACADEMIC & RESEARCH APPOINTMENTS

California State University, Northridge Northridge, California Fall 2022 - Present	Lecturer Anthropology Department
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University of Texas, Rio Grande Valley
Brownsville, Texas
Summer 2022 - Present

Lecturer
Department of Anthropology

California State University, Dominguez Hills
Carson, California
January 2022 – Present

Lecturer
Anthropology Department

University of Connecticut
Storrs, Connecticut
January 2022 – May 2022

Lecturer
Anthropology Department

Simply Rational GmbH
Berlin, Germany
December 2021 – Present

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

California Polytechnic State University
San Luis Obispo, California
January 2021 – March 2022

Lecturer
Social Sciences Department

Boston University
Boston, Massachusetts
June 2019 – December 2021

Postdoctoral Research Associate
Dr. Carolyn Hodges-Simeon's Biomedical Anthropology and Behavioral Ecology Lab; Anthropology Department

Central Washington University
Ellensburg, Washington
September 2018 – Present

Lecturer
Department of Anthropology and Museum Studies

College of the Canyons
Santa Clarita, California
August 2017 – July 2018

Adjunct Faculty
Department of Anthropology

University of Hong Kong
Pok Fu Lam, Hong Kong
August 2016 – January 2017

Honorary Research Associate
School of Modern Languages and Cultures

University of Nevada, Las Vegas
Las Vegas, Nevada
January 2013 – December 2017

Lecturer, Lab Instructor, Graduate Teaching Assistant
Department of Anthropology

PUBLICATIONS (N = 13)

Ratings

h-index: 6, **Citations:** 222 (Google Scholar)

Peer-reviewed published articles, with student authors underlined:

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*. <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. Villmoare, B., Klein, D., Liénard, P., & **McHale, T. S.** *Under Review*. Time and the fitness landscape: modeling temporal factors in development and behavior. *Evolution and Human Behavior*.
2. Hodges-Simeon, C. R., Arnocky, S., **McHale, T. S.**, Albert, G., Gurven, M., & Gaulin, S. C. *Under Review*. Lower voice pitch is associated with better immunocompetence. *Proceedings of the Royal Society B: Biological Sciences*.
3. Wyckoff, J. P., Sedlacek, A., **McHale, T. S.**, Albert, G., & Hodges-Simeon, C. R. *In Prep*. Gender differences in aggression tactics: Do self- and peer-reports converge? Intended for *Personality and Individual Differences*.

TEACHING EXPERIENCE

California State University, Northridge
Fall 2022 – Present

11 Different Courses (N = 61 courses taught)

2 Courses (online)

World Cultures and Societies; Individual and Culture

University of Texas, Rio Grande Valley
Summer I and II 2022

3 Courses (online):

Human Evolution (3x)

California State University, Dominguez Hills
Spring 2022

5 Courses (on campus):

Introduction to Biological Anthropology

University of Connecticut
Spring 2022

1 Course (online):

Human Behavioral Ecology

California Polytechnic State University
Winter 2021 – Present

13 Courses (online):

Culture and Health; Sex, Death, and Human Nature (7x);
Biological Anthropology (4x); Cultural Anthropology

Central Washington University
Fall 2018 – Present

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

College of the Canyons (Santa Clarita, CA)
Fall 2017 – Summer 2018

10 Courses (on campus):

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

University of Nevada, Las Vegas
Spring 2017

1 Course (on campus):

Introduction to Cultural Anthropology

University of Nevada, Las Vegas
Fall 2013 – Spring 2016

8 Lab Courses (on campus):

Introduction to Physical Anthropology Lab

University of Nevada, Las Vegas
Spring 2013 – Spring 2016

Graduate Teaching Assistant:

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

CONFERENCE PRESENTATIONS & INVITED TALKS

Podium Presentation
May 2019
Boston University

Human Behavior and Evolution Society
Human reproductive behavior, life history, and the Challenge Hypothesis: A 30-year review, retrospective and future directions

Podium Presentation
April 2018
Austin, TX

American Association of Physical Anthropologists
Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition

Podium Presentation
February 2018
University of Nevada, Las Vegas

Society for Cross-Cultural Research
Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition

Podium Presentation
November 2017
University of San Diego

Southwestern Association of Biological Anthropologists
Acute salivary steroid hormone responses in juvenile boys and girls to non-physical team competition

Podium Presentation
May 2017
Boise State University

Human Behavior and Evolution Society
Ontogeny and mechanisms of coalitional competition: Acute hormone responses among juvenile boy soccer players in Hong Kong

Invited Talk
October 2016
University of Hong Kong

School of Modern Languages and Cultures
A Cross-Cultural and Evolutionary Examination of Prepubescent Children's Hormone Responses to Physical and Non-Physical Forms of Competition

Poster Presentation
March 2015
St. Louis, MO

Human Biology Association
Investigating Steroid Hormone Change in Response to Competition in Juvenile Boys

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 insurance coverage, clinical processes and procedures regarding 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

- 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)