JAMES CONIGRAVE

Researcher — Motivation, substance use and public health

I am a Research Fellow at La Trobe with a background in psychology. I am interested in understanding what factors can help people make better decisions about their health. In particular, I am interested in better understand motivation for health behaviour change, and risk taking. I have focused on building skills in biostatistics and programming, and have supported the continued development of the Grog Survey App.

ACADEMIC EXPERIENCE

	\top	TIOTIDEIVIIG EXITERICE
Present 2024	•	Research Fellow Centre for Alcohol Policy Research, La Trobe University ◆ Bundoora, Vic
2024 2023	•	Academic Lead, Academic Workforce (Secondment) Office of the Provost, Australian Catholic University ♥ North Sydney, NSW
2024 2023	•	Research Fellow Institute for Positive Psychology and Education, Australian Catholic University
2022 2018	•	Research Fellow Centre of Research Excellence: Indigenous Health + Alcohol, The University of Sydney Camperdown, NSW
		PROFESSIONAL EXPERIENCE
2014	•	Health Promotion Officer Sydney North Shore and Beaches Medicare Local
2014 2013	•	Mental Health Coordinator Sydney North Shore and Beaches Medicare Local ◆ Frenchs Forest, NSW
		EDUCATION
2019 2015		PhD, Psychology Institute for Positive Psychology and Education, Australian Catholic University ◆ North Sydney, NSW
2014	•	Certificate IV in Project Management Northern Sydney Institute of TAFE ◆ Crows Nest, NSW
2012 2011	•	Masters of Public Health The University of Sydney Camperdown, NSW Camperdown, NSW
2010	•	BA Psychology & B Health

Macquarie University

2007

CONTACT INFO

@conigrave.com

scopus profile

G google scholar

github.com/conig

SKILLS

Statistical analysis, data-manipulation, dashboards, writing, public speaking

Programming: R, Julia, Python, lua

Document creation: LaTeX, Markdown, HTML, CSS

Plugin creation: R, neovim

Adobe suite: Indesign, Photoshop,

After effects

ACADEMIC METRICS

Publications: 45

Citations: 825

Grant funding: 10.1M

DISCLAIMER

Macquarie, NSW

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Present | 2019

Teagan Weatherall

PhD Student

— Auxillary Supervisor



COMMITTEE MEMBERSHIP

2022 | 2019 Australasian Professional Society of Alcohol and Other Drugs (APSAD)

Early-Mid Career Researchers Subcommittee

Elected Chair in 2020



SELECT GRANTS

2025

K Lee, S Wilson, N Hewlett, JH Conigrave, T Weatherall, M Dzidowska, K Glover, N Reid (CIH), K Black, M Trac (2025). BubSafe': Co-creating Australia's first integrated digital health tool to prevent alcohol use during pregnancy among Aboriginal and Torres Strait Islander peoples. National Health and Medical Research Council — \$3,959,976

2024

K Lee, <u>JH Conigrave</u>, S Wilson, N Hayman, K Conigrave, N Percival, T Chikritzhs, A Dawson, M Tracy, K Morley, M Doyle, M Fitts, T Weatherall (2024). Making it easier for Aboriginal and Torres Strait Islander primary health care services to screen for risky drinking and provide tailored feedback: adapting the Grog Survey App. *Medical Research Future Fund (MRFF) Primary Health Care Digital Innovations*— \$3.466.749

2019

KSK Lee, S Wilson, K Conigrave, T Chikritzhs, N Hayman, A Dawson, R Ali, <u>JH Conigrave</u> (CIH), M Fitts (2019). Better data on methamphetamines and other drugs among Indigenous Australians to inform policy and practice. *National Health and Medical Research Council*—\$2,630,000

R PACKAGES

2019

- JH Conigrave (2019). corx: Create and Format Correlation Matrices. *CRAN*. https://conigrave.com/corx
 - 30,427 downloads

2017

JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. *CRAN*. https://CRAN.R-project.org/package=Conigrave

— 39.870 downloads



PUBLICATIONS

2024

JH Conigrave, KSK Lee, T Dobbins, S Wilson, Jé Padarian, R Ivers, K Morley, PS Haber, J Vnuk, K Marshall, K Conigrave (2024). No improvement in AUDIT-C screening and brief intervention rates among wait-list controls following support of Aboriginal Community Controlled Health Services: evidence from a BMC Health Services Research, 24 (1), 813. https://doi.org/10.1186/s12913-024-11214-6

2024 JH Conigrave, S Wilson, KM Conigrave, J Perry, N Hayman, TN Chikritzhs, D Wilson, C Zheng, TJ Weatherall, KSK Lee (2024). Countering stereotypes: Exploring the characteristics of Aboriginal Australians who do not drink alcohol in a community representative sample. Drug and alcohol review, 43 (6), 1523-1533. https://doi.org/10.1111/dar.13907 -8 tweets M Dzidowska, KSK Lee, JH Conigrave, S Wilson, N Hayman, R Ivers, J Vnuk, P Haber, KM 2024 Conigrave (2024). Supporting alcohol brief interventions and pharmacotherapy provision in Australian First Nations primary care: exploratory analysis of a cluster randomised trial. BMC primary care, 25 (1), 351. https://doi.org/10.1186/s12875-024-02598-9 — 1 tweet KSK Lee, JH Conigrave, E Dale, KM Conigrave, M Dzidowska, T Reynolds, S Wilson, J 2024 Perry, D Manton, A Lee, N Hayman, C Zheng, M Fitts, D Wilson, A Dawson (2024). Acceptability and quality of the 'Grog Survey App' brief intervention: Helping Aboriginal Australians reflect on their drinking using a digital health tool. *Drug and Alcohol Review*. https://doi.org/10.1111/dar.13964 - 8 tweets 2024 T Sanders, M Noetel, P Parker, BDP Cruz, S Biddle, R Ronto, R Hulteen, R Parker, G Thomas, KD Cocker, J Salmon, K Hesketh, N Weeks, H Arnott, E Devine, R Vasconcellos, R Pagano, J Sherson, JH Conigrave, C Lonsdale (2024). An umbrella review of the benefits and risks associated with youths' interactions with electronic screens. Nature Human Behaviour, 8 (1), 82-99. https://doi.org/10.1038/s41562-023-01712-8 — 39 citations, 362 tweets, 65 mainstream media outlets TJ Weatherall, JH Conigrave, KSK Lee, J Vnuk, R Ivers, N Hayman, S Wilson, D Gray, KM 2024 Conigrave (2024). Alcohol screening in 22 Australian Aboriginal Community Controlled Health Organisations: Clinical context and who is screened. Drug and Alcohol Review. https:/ /doi.org/10.1111/dar.13851 — 11 tweets C Adams, N Perry, JH Conigrave, T Hurzeler, J Stevens, KPY Dunbar, A Sweeney, K Lee, G 2023 Sutherland, P Haber, KC Morley (2023). Central markers of neuroinflammation in alcohol use disorder: A meta-analysis of neuroimaging, cerebral spinal fluid, and postmortem studies. Alcohol: Clinical and Experimental Research, 47 (2), 197-208. https://doi.org/10.1111/acer .14992 — 7 citations, 10 tweets 2023 EL Bradshaw, JH Conigrave, BA Steward, KA Ferber, PD Parker, RM Ryan (2023). A metaanalysis of the dark side of the American dream: Evidence for the universal wellness costs of prioritizing extrinsic over intrinsic goals. Journal of Personality and Social Psychology, 124 (4), 873. https://doi.org/10.1037/pspp0000431 — 54 citations, 151 tweets, 12 mainstream media outlets MS Chambers, A Shakeshaft, L Mills, A Clifford-Motopi, JH Conigrave, D James, AD Tran 2023 (2023). Trajectories of psychological distress of men treated at Aboriginal residential rehabilitation services for alcohol and drug misuse. International Journal of Mental Health and Addiction, 1-19. https://doi.org/10.1007/s11469-023-01217-5 JH Conigrave, EK Devine, KSK Lee, T Dobbins, J Vnuk, N Hayman, K Conigrave (2023). 2023 Unintended consequences: Alcohol screening at urban Aboriginal Community Controlled

Health Services was suppressed during COVID-19 lockdowns. Drug and Alcohol Review, 42

(7), 1633-1638. https://doi.org/10.1111/dar.13761

— 1 citation, 7 tweets

- KSK Lee, S Wilson, AE Stearne, N Hayman, JH Conigrave, M Doyle, L Bullen, TJ Weatherall, D James, T Reynolds, J Perry, KM Conigrave, Members, Investigators, IAGasotCoREiIHa Alcohol (2023). Walking side-by-side: Supporting Aboriginal and Torres Strait Islander Australians to lead the way in alcohol research. Drug and Alcohol Review, 42 (2), 241-247. https://doi.org/10.1111/dar.13523
 2 citations, 14 tweets
- G Purcell-Khodr, <u>JH Conigrave</u>, KSK Lee, J Vnuk, KM Conigrave (2023). Low rates of prescribing alcohol relapse prevention medicines in Australian Aboriginal Community Controlled Health Services. *Drug and Alcohol Review*, 42 (7), 1606-1616. https://doi.org/10.1111/dar.13708

 2 citations, 8 tweets
- <u>JH Conigrave</u>, KSK Lee, PS Haber, J Vnuk, MF Doyle, KM Conigrave (2022). More than three times as many Indigenous Australian clients at risk from drinking could be supported if clinicians used AUDIT-C instead of unstructured assessments. *Addiction Science & Clinical Practice*, *17* (1), 23. https://doi.org/10.1186/s13722-022-00306-5

 5 citations
- JH Conigrave, S Wilson, KM Conigrave, T Chikritzhs, N Hayman, A Dawson, R Ali, J Perry, MS Fitts, L Degenhardt, M Doyle, S Egert, T Slade, N Ezard, M Dzidowska, KSK Lee (2022). 'The Drug Survey App': a protocol for developing and validating an interactive population survey tool for drug use among Aboriginal and Torres Strait Islander Australians.

 **Addiction Science & Clinical Practice, 17 (1), 17. https://doi.org/10.1186/s13722-022-00298-2
 -2 citations
- DB James, KSK Lee, M Dronavalli, RJ Courtney, KM Conigrave, JH Conigrave, A Shakeshaft (2022). Predictors of length of treatment, discharge reason, and re-admission to Aboriginal alcohol and other drug residential rehabilitation services in New South Wales, Australia. *Drug and Alcohol Review*, 41 (3), 603-615. https://doi.org/10.1111/dar.13388

 6 citations
- C Zheng, JH Conigrave, KM Conigrave, S Wilson, J Perry, TN Chikritzhs, MS Fitts, KSK Lee (2022). Patterns of drinking in Aboriginal and Torres Strait Islander peoples as self-reported on the Grog Survey App: a representative urban and remote sample. *Drug and Alcohol Review*, 41 (1), 114-124. https://doi.org/10.1111/dar.13333
 18 citations, 12 tweets
- <u>JH Conigrave</u>, EL Bradshaw, KM Conigrave, RM Ryan, S Wilson, J Perry, MF Doyle, KSK Lee (2021). Alcohol consumption and dependence is linked to the extent that people experience need satisfaction while drinking alcohol in two Aboriginal and Torres Strait Islander communities. *Addiction Science & Clinical Practice*, *16*, *1-11*. https://doi.org/10.1186/s13722-021-00231-z

 11 citations, 6 tweets, 1 mainstream media outlet
- JH Conigrave, KH Harrison, KSK Lee, TA Dobbins, B Hummerston, N Hayman, J Perry, R Ivers, PS Haber, S Wilson, D Johnson, KM Conigrave (2021). Support can increase use of the AUDIT-C in Australian Aboriginal Community Controlled Health Services: a cluster randomised trial. Addiction. https://doi.org/10.1111/add.15428
 17 citations, 12 tweets

2021 JH Conigrave, KM Conigrave, S Wilson, KSK Lee (2021). Indigenous Australian drinking risk: Comparing risk categorisations based on recall of recent drinking occasions to AUDIT-C screening in a representative sample. Drug and Alcohol Review. — 2 citations 2021 E Dale, KSK Lee, KM Conigrave, JH Conigrave, R Ivers, K Clapham, PJ Kelly (2021). A multi-methods yarn about SMART Recovery: First insights from Australian Aboriginal facilitators and group members. *Drug and alcohol review*. — 15 citations JN Donald, EL Bradshaw, JH Conigrave, PD Parker, LL Byatt, M Noetel, RM Ryan (2021). 2021 Paths to the light and dark sides of human nature: A meta-analytic review of the prosocial benefits of autonomy and the antisocial costs of control. Psychological Bulletin, 147 (9), 921. https://doi.org/10.1037/bul0000338 — 49 citations, 35 tweets, 6 mainstream media outlets 2021 M Dzidowska, KSK Lee, JH Conigrave, TA Dobbins, B Hummerston, S Wilson, PS Haber, D Gray, KM Conigrave (2021). Support for Aboriginal health services in reducing harms from alcohol: 2-year service provision outcomes in a cluster randomized trial. Addiction (Abingdon, England). https://doi.org/10.1111/add.15712 — 11 citations, 7 tweets 2021 KSK Lee, JH Conigrave, MA Ansari, S Wilson, J Perry, C Zheng, B Freeburn, R Room, S Callinan, N Hayman, T Chikritzhs, T Slade, D Gray, KM Conigrave (2021). Acceptability and feasibility of a computer-based application to help Aboriginal and Torres Strait Islander Australians describe their alcohol consumption. Journal of Ethnicity in Substance Abuse, 1-18. https://doi.org/10.1080/15332640.2019.1579144 — 31 citations, 9 mainstream media outlets 2021 TJ Weatherall, JH Conigrave, KM Conigrave, J Perry, S Wilson, R Room, MS Fitts, N Hayman, KSK Lee (2021). Prevalence and correlates of alcohol dependence in an Australian Aboriginal and Torres Strait Islander representative sample: Using the Grog Survey App. *Drug and Alcohol Review.* https://doi.org/10.1111/dar.13292 — 20 citations, 13 tweets, 1 mainstream media outlet 2021 TJ Weatherall, JH Conigrave, KM Conigrave, J Perry, S Wilson, R Room, T Chikritzhs, KSK Lee (2021). Alcohol dependence in a community sample of Aboriginal and Torres Strait Islander Australians: harms, getting help and awareness of local treatments. Addiction science & clinical practice, 16, 1-11. https://doi.org/10.1186/s13722-021-00274-2 — 4 citations 2021 DT Winter, B Geiger, K Morley, JH Conigrave, PS Haber, BC Riordan (2021). Are bottle shops using Twitter to increase advertising or encourage drinking during COVID-19? Australian and New Zealand journal of public health, 45 (4), 391-393. https://doi.org/10.1111 /1753-6405.13118 — 1 citation, 13 tweets, 1 mainstream media outlet C Adams, JH Conigrave, J Lewohl, P Haber, KC Morley (2020). Alcohol use disorder and 2020 circulating cytokines: A systematic review and meta-analysis. Brain, Behavior, and Immunity, 89, 501-512. https://doi.org/10.1016/j.bbi.2020.08.002 — 80 citations, 10 tweets 2020 JH Conigrave, KSK Lee, C Zheng, S Wilson, J Perry, T Chikritzhs, T Slade, K Morley, R Room, S Callinan, N Hayman, KM Conigrave (2020). Drinking risk varies within and between Australian Aboriginal and Torres Strait Islander samples: a meta-analysis to identify sources of heterogeneity. *Addiction*, 115 (10), 1817-1830. https://doi.org/10.1111/add.15015

— 32 citations, 17 tweets

- M Dzidowska, KSK Lee, C Wylie, J Bailie, N Percival, <u>JH Conigrave</u>, N Hayman, KM Conigrave (2020). A systematic review of approaches to improve practice, detection and treatment of unhealthy alcohol use in primary health care: a role for continuous quality improvement. *BMC family practice*, *21*, *1-22*. https://doi.org/10.1186/s12875-020-1101-x 32 citations, 4 tweets, 1 mainstream media outlet
 KSK Lee, MS Fitts, <u>JH Conigrave</u>, C Zheng, J Perry, S Wilson, DA Chee, S Bond, K Weetra, TN Chikritahs, T Slado, KM Conigrave (2020). Poccuiting a representative sample of urban
- TN Chikritzhs, T Slade, KM Conigrave (2020). Recruiting a representative sample of urban South Australian Aboriginal adults for a survey on alcohol consumption. *BMC Medical Research Methodology*, 20, 1-11. https://doi.org/10.1186/s12874-020-01067-y
 24 citations, 1 tweet
- SA Rombouts, <u>JH Conigrave</u>, R Saitz, E Louie, P Haber, KC Morley (2020). Evidence based models of care for the treatment of alcohol use disorder in primary health care settings: a systematic. . https://doi.org/10.1186/s12875-020-01288-6

 2 tweets
- SA Rombouts, JH Conigrave, R Saitz, E Louie, P Haber, KC Morley (2020). Evidence based models of care for the treatment of alcohol use disorder in primary health care settings: a systematic review. BMC Family Practice, 21, 1-17. https://doi.org/10.1186/s12875-020-01288-6
 14 citations, 2 tweets
- TJ Weatherall, KM Conigrave, <u>JH Conigrave</u>, KSK Lee (2020). What is the prevalence of current alcohol dependence and how is it measured for Indigenous people in Australia, New Zealand, Canada and the United States of America? A Addiction Science & Clinical Practice, 15, 1-11. https://doi.org/10.1186/s13722-020-00205-7

 28 citations, 14 tweets
- JH Conigrave, BK Sahdra, BV Zanden, J Ciarrochi (2019). The Benefits of Believing You Can Change: Incremental Theories Weaken the Links Between Low Self-esteem and Negative Outcomes. *PsyArXiv. July*, 30. https://doi.org/10.31234/osf.io/emdb9
 — 2 tweets
- E Dale, PJ Kelly, KSK Lee, <u>JH Conigrave</u>, R Ivers, K Clapham (2019). Systematic review of addiction recovery mutual support groups and Indigenous people of Australia, New Zealand, Canada, the United States of America and Hawaii. *Addictive Behaviors*, 98. https://doi.org/10.1016/j.addbeh.2019.106038

 37 citations, 3 tweets
- KSK Lee, JH Conigrave, S Callinan, S Wilson, R Room, J Perry, T Slade, TN Chikritzhs, N Hayman, T Weatherall, G Leggat, D Gray, KM Conigrave (2019). Asking about the last four drinking occasions on a tablet computer as a way to record alcohol consumption in Aboriginal and Torres Strait Islander Australians: a validation. Addiction Science & Clinical Practice, 14 (1), 15. https://doi.org/10.1186/s13722-019-0148-2

— 38 citations, 2 tweets

- KSK Lee, JH Conigrave, S Wilson, J Perry, N Hayman, C Zheng, MA Ansari, M Doyle, R Room, S Callinan, T Chikritzhs, T Slade, KM Conigrave (2019). Patterns of drinking in Aboriginal and Torres Strait Islander peoples as self-reported on the Grog Survey App: a stratified sample. BMC Medical Informatics and Decision Making, 19 (1), 180. https://doi.org/10.1186/s12911-019-0879-8
 17 citations, 11 tweets
- ◆ KSK Lee, JH Conigrave, S Wilson, J Perry, S Callinan, R Room, TN Chikritzhs, T Slade, N Hayman, G Leggat, KM Conigrave (2019). Short screening tools for risky drinking in Aboriginal and Torres Strait Islander Australians: modified AUDIT-C and a new approach.

 Addiction Science & Clinical Practice, 14 (1), 22. https://doi.org/10.1186/s13722-019-0152-6

 22 citations, 1 tweet
- ♦ HW Marsh, BV Zanden, PD Parker, J Guo, JH Conigrave, M Seaton (2019). Young women face disadvantage to enrollment in university STEM coursework regardless of prior achievement and attitudes. American Educational Research Journal, 56 (5), 1629-1680. https://doi.org/10.3102/0002831218824111
 50 citations, 2 tweets, 2 mainstream media outlets
- SA Rombouts, <u>JH Conigrave</u>, E Louie, P Haber, KC Morley (2019). Evidence-based models of care for the treatment of alcohol use disorder in primary health care settings: protocol for systematic review. *Systematic Reviews*, 8 (1), 1-6. https://doi.org/10.1186/s13643-019-1157-7
 6 citations
- BK Sahdra, PD Parker, RG Craven, R Brockman, EK Devine, JH Conigrave, DF Chang (2018). Discrimination as a frame-of-reference effect in overlapping friendship communities of ethnically diverse youth. *Cultural Diversity and Ethnic Minority Psychology*, 26 (1), 71-81. https://doi.org/10.1037/cdp0000247
 14 citations, 3 tweets
- J Ciarrochi, PD Parker, BK Sahdra, TB Kashdan, N Kiuru, <u>JH Conigrave</u> (2017). When empathy matters: The role of sex and empathy in close friendships. *Journal of Personality*, 85 (4), 494-504. https://doi.org/10.1111/jopy.12255

 80 citations, 24 tweets, 24 mainstream media outlets

66 COMMENTARIES ON WORK

C Puljevic, HM Haydon, CL Snoswell (2020). Commentary on Conigrave et al. (2020):
 Meta-analysis of drinking patterns in Aboriginal and Torres Strait Islander populations highlights policy and research opportunities. *Addiction*.

PRE-PRINTS

- J Howard, EL Bradshaw, GR Slemp, J Waterschoot, K Ferber, <u>JH Conigrave</u>, T Sanders, B Steward, W Gilbert (2024). Basic psychological needs across time and place. *OSF*.
- C-Ét Lavoie, EL Bradshaw, RM Ryan, <u>JH Conigrave</u> (2023). Linking alcohol consumption and dependence to the extent that drinking satisfies basic psychological needs. *OSF*.
- M Noetel, J Ciarrochi, JH Conigrave, C Lonsdale (2020). Can a Brief Mindfulness Intervention Improve Sports Performance? A Double-Blind Randomised Controlled Trial. PsyArXiv. https://doi.org/10.31234/osf.io/8bk7m
 1 citation, 9 tweets

2019	•	<u>JH Conigrave</u> , EL Bradshaw, E Devine, J Ciarrochi, BK Sahdra (2019). The Link Between Self-esteem and Implicit Malleability Theories: a Meta-analysis. <i>PsyArXiv</i> . https://doi.org/10.31234/osf.io/nakqj — 5 citations, 2 tweets
2019	•	W Ryan, <u>JH Conigrave</u> , G Basarkod, J Ciarrochi, BK Sahdra (2019). When is it good to use wristband devices to measure HRV?: Introducing a new method for evaluating the quality of data from photophlethysmography-based HRV devices. <i>PsyArXiv</i> . https://doi.org/10.31234/osf.io/t3gdz — 10 citations
2018	•	M Noetel, <u>JH Conigrave</u> , M Moresi, P Taylor (2018). Growth mindset versus direct instruction for persistence and achievement in an undergraduate STEM course. <i>OSF</i> .
		RECENT PEER REVIEW
2024	•	Addiction
2024		Motivation and Emotion
2024	•	Australian and New Zealand Journal of Psychiatry
2024	•	Australian and New Zealand Journal of Psychiatry
2024	•	Drug and Alcohol Review
	3	CONFERENCE CONTRIBUTIONS
2023	•	JH Conigrave (2023). People might use alcohol to compensate for basic psychological need frustration. <i>Research Society on Alcoholism</i>
		♥ Florida, USA
2021		JN Donald, H Nguyen, <u>JH Conigrave</u> , KB Lowe, AM Johnson, I Adarves-Yorno, S Rupprecht, E Devine, GFB Tamm, R Ryan (2021). A Systematic Review and Meta-Analysis of the Effects of Mindfulness Among Leaders. <i>Academy of Management</i> • Virtual
2020	•	B Riordan, <u>JH Conigrave</u> , W Logge, KC Morley, PS Haber, D Scarf (2020). ""I WON'T DRINK WITH YOU TODAY!"" Analysing content from an online support group for those aiming to /r/Stopdrinking. <i>EHealth Sydney</i>
		♥ Sydney, Australia
2019		JH Conigrave, KSK Lee, K Harrison, T Dobbins, N Hayman, S Wilson, R Ivers, PS Haber, B Hummerston, D Johnson, D Gray, KM Conigrave (2019). Supporting Aboriginal Community Controlled Health Services to reduce the harms from alcohol. <i>The Australasian Professional Society on Alcohol & other Drugs (APSAD)</i>
		♥ Hobart, Australia
2019	•	KSK Lee, S Wilson, <u>JH Conigrave</u> , J Perry, S Callinan, N Hayman, R Room, T Chikritzhs, D Gray, T Slade, KM Conigrave (2019). Re-thinking how we ask Indigenous Australia to describe their drinking. <i>The Australasian Professional Society on Alcohol & other Drugs</i> (APSAD)
		• Hobart, Australia

• Hobart, Australia

S Rombouts, K Morley, JH Conigrave, E Louie, PS Haber (2019). Evidence based models of 2019 care for the treatment of alcohol use disorder in primary health care settings: A systematic review and meta-analysis. The Australasian Professional Society on Alcohol & other Drugs (APSAD) • Hobart, Australia 2019 M Dzidowska, KSK Lee, C Wylie, J Bailie, N Hayman, JH Conigrave, N Percival, KM Conigrave (2019). Approaches for improving practice in detection and treatment of unhealthy alcohol use in primary health care: Where are the gaps? The Australasian Professional *Society on Alcohol & other Drugs (APSAD)* • Hobart, Australia JH Conigrave, BK Sahdra, J Ciarrochi (2017). The benefits of believing you can change: 2017 Growth mindset weakens the links between self-esteem and negative outcomes. Contextual Behavioral Science Conference Seville, Spain JH Conigrave, BK Sahdra, J Ciarrochi (2017). The benefits of believing you can change: 2017 Incremental theories weaken the links between self-esteem and negative outcomes. Self Conference Melbourne, Australia