

JAMES CONIGRAVE, PhD

Researcher — Motivation, substance use and public health

James is a Research Fellow at the Centre for Research Excellence: Indigenous Health and Alcohol. He received a PhD in psychology from ACU. He loves statistics, programming and research automation. James is interested in the relationship between alcohol consumption and basic psychological need satisfaction.

EDUCATION

- 2018
|
2015 • **PhD, Psychology**
Institute for Positive Psychology and Education, Australian Catholic University North Sydney, NSW
- 2012
|
2011 • **Masters of Public Health**
The University of Sydney Camperdown, NSW
- 2010
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2007 • **BA Psychology & B Health**
Macquarie University Macquarie, NSW

RESEARCH EXPERIENCE

- Present
|
2018 • **Research Fellow**
Centre of Research Excellence: Indigenous Health + Alcohol, The University of Sydney Camperdown, NSW
- 2017
|
2015 • **Research Assistant**
Institute for Positive Psychology and Education, Australian Catholic University North Sydney, NSW

PROFESSIONAL EXPERIENCE

- 2014 • **Health Promotion Officer**
Sydney North Shore and Beaches Medicare Local North Sydney, NSW
- 2014
|
2013 • **Mental Health Coordinator**
Sydney North Shore and Beaches Medicare Local Frenchs Forest, NSW

WORKSHOPS

- 2018 • **Introductory statistics**
Centre of Research Excellence: Indigenous Health + Alcohol, The University of Sydney Camperdown, Sydney
- 2016 • **Heart Rate Variability (HRV)**
Australian Catholic University Strathfield, NSW

CONTACT INFO

 conigrave.com
 [google scholar](#)
 github.com/conig
 james@conigrave.com

SKILLS

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

Programming: R, Julia, Python

Document creation: LaTeX, Markdown, HTML, CSS

Adobe suite: Indesign, Photoshop, After effects

ACADEMIC METRICS

Publications: 25

Citations: 138

h-index: 7

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SUPERVISION

Present
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2019

- **Teagan Weatherall**
PhD Student
— Auxillary Supervisor

COMMITTEE MEMBERSHIP

Present
|
2019

- **Australasian Professional Society of Alcohol and Other Drugs (APSAD)**
Early-Mid Career Researchers Subcommittee
— Elected Chair in 2020

R PACKAGES

2019

- JH Conigrave (2019). corx: Create and Format Correlation Matrices. *CRAN*. <https://conigrave.com/corx>
— 11,427 downloads

2019

- JH Conigrave (2019). msemtools: Routines, tables, and figures for metaSEM analyses. *GitHub*. <https://github.com/conig/msemtools>

2019

- JH Conigrave (2019). papyr: Tools for writing academic papers with rmarkdown. *GitHub*. <https://github.com/conig/papyr>

2017

- JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. *CRAN*. <https://CRAN.R-project.org/package=Conigrave>
— 27,670 downloads

PUBLICATIONS

2021

- JH Conigrave, 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), 1-11.

2021

- 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*.
— 1 citation

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*.

2021

- JN Donald, H Nguyen, JH Conigrave, 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. *Academy of Management Proceedings*, 2021 (1), 10448.

- 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.
— 9 citations
- 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*.
— 1 citation
- 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*.
- 2021 ● C Zheng, [JH Conigrave](#), KM Conigrave, S Wilson, J Perry, TN Chikritzhs, MS Fitts, KSK Lee (2021). 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*.
- 2020 ● C Adams, [JH Conigrave](#), J Lewohl, P Haber, KC Morley (2020). Alcohol use disorder and circulating cytokines: A systematic review and meta-analysis. *Brain, Behavior, and Immunity*.
— 6 citations
- 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.
— 9 citations
- 2020 ● M Dzidowska, KSK Lee, C Wylie, J Bailie, N Percival, [JH Conigrave](#), 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), 1-22.
— 5 citations
- 2020 ● KSK Lee, MS Fitts, [JH Conigrave](#), C Zheng, J Perry, S Wilson, DA Chee, S Bond, K Weetra, 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), 1-11.
— 6 citations
- 2020 ● GC Purcell-Khodr, KSK Lee, [JH Conigrave](#), E Webster, KM Conigrave (2020). What can primary care services do to help First Nations people with unhealthy alcohol use? A systematic review: Australia, New Zealand, USA and Canada. *Addiction Science & Clinical Practice*, 15 (1), 1-21.
— 2 citations
- 2020 ● 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), 1-17.
— 1 citation
- 2020 ● A Saeri, P Slattery, M Noetel, E Grundy, [JH Conigrave](#) (2020). Dashboard: how are people responding to COVID-19? *BehaviourWorks Australia*.

- 2020 ● TJ Weatherall, KM Conigrave, [JH Conigrave](#), 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), 1-11.
— 3 citations
- 2019 ● E Dale, PJ Kelly, KSK Lee, [JH Conigrave](#), 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.
— 10 citations
- 2019 ● KH Harrison, KSK Lee, T Dobbins, S Wilson, N Hayman, R Ivers, PS Haber, [JH Conigrave](#), D Johnson, B Hummerston, D Gray, K Conigrave (2019). Supporting Aboriginal Community Controlled Health Services to deliver alcohol care: protocol for a cluster randomised controlled trial. *BMJ open*, 9 (11).
— 5 citations
- 2019 ● 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.
— 12 citations
- 2019 ● 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.
— 6 citations
- 2019 ● 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.
— 4 citations
- 2019 ● 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.
— 7 citations
- 2019 ● SA Rombouts, [JH Conigrave](#), 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.
— 1 citation
- 2018 ● 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.
— 7 citations
- 2017 ● J Ciarrochi, PD Parker, BK Sahdra, TB Kashdan, N Kiuru, [JH Conigrave](#) (2017). When empathy matters: The role of sex and empathy in close friendships. *Journal of Personality*, 85 (4), 494-504.
— 41 citations

“ COMMENTARIES ON WORK

- 2020 ● 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

- 2020 ● M Noetel, J Ciarrochi, [JH Conigrave](#), C Lonsdale (2020). Can a Brief Mindfulness Intervention Improve Sports Performance? A Double-Blind Randomised Controlled Trial. *PsyArXiv*.
- 2019 ● [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*.
- 2019 ● [JH Conigrave](#), EL Bradshaw, E Devine, J Ciarrochi, BK Sahdra (2019). The Link Between Self-esteem and Implicit Malleability Theories: a Meta-analysis. *PsyArXiv*.
— 1 [citation](#)
- 2019 ● W Ryan, [JH Conigrave](#), 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 photoplethysmography-based HRV devices. *PsyArXiv*.
— 1 [citation](#)

RECENT PEER REVIEW

- 2021 ● Scientific Reports
- 2021 ● Medical Science Monitor
- 2021 ● BMC Psychiatry
- 2021 ● Alcoholism: Clinical and Experimental Research
- 2021 ● Addiction Science & Clinical Practice

CONFERENCE CONTRIBUTIONS

- 2020 ● B Riordan, [JH Conigrave](#), 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. *EHealth Sydney*
📍 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. *The Australasian Professional Society on Alcohol & other Drugs (APSAD)*
📍 Hobart, Australia

- 2019 ● KSK Lee, S Wilson, [JH Conigrave](#), 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. *The Australasian Professional Society on Alcohol & other Drugs (APSAD)*
📍 Hobart, Australia
- 2019 ● S Rombouts, K Morley, [JH Conigrave](#), E Louie, PS Haber (2019). Evidence based models of 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
- 2017 ● [JH Conigrave](#), BK Sahdra, J Ciarrochi (2017). The benefits of believing you can change: Growth mindset weakens the links between self-esteem and negative outcomes. *Contextual Behavioral Science Conference*
📍 Seville, Spain
- 2017 ● [JH Conigrave](#), BK Sahdra, J Ciarrochi (2017). The benefits of believing you can change: Incremental theories weaken the links between self-esteem and negative outcomes. *Self Conference*
📍 Melbourne, Australia



GRANTS

- 2020 ● K Morley, W Logge, K Chitty, [JH Conigrave](#), B Riordan, P Haber, A Dawson (2020). Harnessing novel technologies to examine mediators of suicidal ideation in AUD patients following admission for self-harm. *Translational Research Centre for Alcohol Drugs & Toxicology*
— \$25,000
- 2019 ● KSK Lee, S Wilson, K Conigrave, T Chikritzhs, N Hayman, A Dawson, R Ali, [JH Conigrave](#) (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
- 2019 ● S Farnbach, KSK Lee, A Eades, C Foley, [JH Conigrave](#) (CIE), S Wilson, K Conigrave, S Shakeshaft (2019). Early intervention for unhealthy alcohol use among older Aboriginal and Torres Strait Islander peoples: using the Grog Survey App. *National Drug and Alcohol Research Centre*
— \$40,000