## 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

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	•	<b>Research Fellow</b> Institute for Positive Psychology and Education, Australian Catholic University
2022	•	Research Fellow Centre of Research Excellence: Indigenous Health + Alcohol,
2018		The University of Sydney
2017   2015	•	Research Assistant Institute for Positive Psychology and Education, Australian Catholic University
		PROFESSIONAL EXPERIENCE
2014	•	<b>Health Promotion Officer</b> 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
		EDUCATION
2019   2015	•	PhD, Psychology Institute for Positive Psychology and Education, Australian Catholic University
2014	•	Certificate IV in Project Management Northern Sydney Institute of TAFE  ◆ Crows Nest, NSW
2012	•	Masters of Public Health The University of Sydney   Camperdown, NSW

2011

#### **CONTACT INFO**

- **a** 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: 44

Citations: 777

#### **DISCLAIMER**

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Updated: 2024-10-21 11:00:37 AEDT

TJ Weatherall, <u>JH Conigrave</u>, KSK Lee, J Vnuk, R Ivers, N Hayman, S Wilson, D Gray, KM 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 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
  - 6 citations, 10 tweets
- EL Bradshaw, <u>JH Conigrave</u>, 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 — 50 citations, 158 tweets, 12 mainstream media outlets
- MS Chambers, A Shakeshaft, L Mills, A Clifford-Motopi, <u>JH Conigrave</u>, D James, AD Tran (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).
   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, JH Conigrave, S Wilson, J Perry, N Hayman, T Chikritzhs, R Room, TJ Weatherall, C Zheng, KM Conigrave (2023). Deeper understandings of patterns of drinking among Aboriginal and Torres Strait Islander Australians: Informing policy and practice. Health promotion journal of Australia, 34 (4), 883. https://doi.org/10.1002/hpja.696
   5 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

2022 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 2022 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 2022 Lee (2022). Patterns of drinking in Aboriginal and Torres Strait Islander peoples as selfreported 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, 14 tweets 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, 1-11. 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 2021 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 JH Conigrave, KM Conigrave, S Wilson, KSK Lee (2021). Indigenous Australian drinking 2021 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. — 14 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 — 48 citations, 35 tweets, 6 mainstream media outlets M Dzidowska, KSK Lee, JH Conigrave, TA Dobbins, B Hummerston, S Wilson, PS Haber, D 2021 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, 8 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 — 29 citations, 9 mainstream media outlets TJ Weatherall, JH Conigrave, KM Conigrave, J Perry, S Wilson, R Room, MS Fitts, N 2021 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 TJ Weatherall, JH Conigrave, KM Conigrave, J Perry, S Wilson, R Room, T Chikritzhs, KSK 2021 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 — 72 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, 19 tweets M Dzidowska, KSK Lee, C Wylie, J Bailie, N Percival, JH Conigrave, N Hayman, KM 2020 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 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, 1-11. https://doi.org/10.1186/s12874-020-01067-y — 23 citations, 1 tweet GC Purcell-Khodr, KSK Lee, <u>JH Conigrave</u>, E Webster, KM Conigrave (2020). What can 2020 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, 1-21. https://doi.org/10.1186/s13722-020-00204-8 — 19 citations, 12 tweets SA Rombouts, JH Conigrave, R Saitz, E Louie, P Haber, KC Morley (2020). Evidence based 2020 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

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, 1-17. https://doi.org/10.1186/s12875-020 -01288-6 — 14 citations, 2 tweets TJ Weatherall, KM Conigrave, JH Conigrave, KSK Lee (2020). What is the prevalence of 2020 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 2019 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 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. https://doi.org/10 .1016/j.addbeh.2019.106038 — 37 citations, 3 tweets 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). https://doi.org/10.1136/bmjopen-2019-030909 — 19 citations, 1 tweet 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. https://doi.org/10.1186/s13722-019-0148-2 — 36 citations, 2 tweets KSK Lee, JH Conigrave, S Wilson, J Perry, N Hayman, C Zheng, MA Ansari, M Doyle, R 2019 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

— 15 citations, 13 tweets

KSK Lee, JH Conigrave, S Wilson, J Perry, S Callinan, R Room, TN Chikritzhs, T Slade, N 2019 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 — 20 citations, 1 tweet

HW Marsh, BV Zanden, PD Parker, J Guo, JH Conigrave, M Seaton (2019). Young women 2019 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 — 48 citations, 2 tweets, 2 mainstream media outlets

SA Rombouts, JH Conigrave, E Louie, P Haber, KC Morley (2019). Evidence-based models 2019 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, <u>JH Conigrave</u>, 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

   74 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, JH Conigrave, T Sanders, B Steward, W Gilbert (2024). Basic psychological needs across time and place. *OSF*.
- 2023 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
- JH Conigrave, EL Bradshaw, E Devine, J Ciarrochi, BK Sahdra (2019). The Link Between Self-esteem and Implicit Malleability Theories: a Meta-analysis. *PsyArXiv*. https://doi.org/10.31234/osf.io/nakqj
   4 citations, 2 tweets
- 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. *OSF*.

### 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
		CONFERENCE CONTRIBUTIONS
2023	•	<u>JH Conigrave</u> (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>
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>
2010		JH Conigrave, KSK Lee, K Harrison, T Dobbins, N Hayman, S Wilson, R Ivers, PS Haber, B
2019		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 &amp; 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 &amp; other Drugs (APSAD)</i>
		♥ Hobart, Australia
2019		S Rombouts, K Morley, <u>JH Conigrave</u> , 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. <i>The Australasian Professional Society on Alcohol &amp; other Drugs (APSAD)</i>
		♥ Hobart, Australia
2019		M Dzidowska, KSK Lee, C Wylie, J Bailie, N Hayman, <u>JH Conigrave</u> , 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? <i>The Australasian Professional Society on Alcohol &amp; other Drugs (APSAD)</i>
		♥ 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. <i>Contextual Behavioral Science Conference</i>
		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. <i>Self Conference</i>
		♥ Melbourne, Australia

## **GRANTS**

- K Morley, W Logge, K Chitty, <u>JH Conigrave</u>, 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
- 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
- S Farnbach, KSK Lee, A Eades, C Foley, <u>JH Conigrave</u> (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