# JAMES CONIGRAVE

## Researcher — Motivation, substance use and public health

I am a Research Fellow at the Centre for Alcohol Policy Research (CAPR), La Trobe University, with a background in psychology. I am interested in what helps people make better decisions about their health, particularly in understanding motivation for behaviour change and risk taking. I have focused on building skills in biostatistics and programming, and have supported the ongoing development of the Grog Survey App.

## ACADEMIC EXPERIENCE

		ACADEMIC EXPERIENCE
Present   2024	•	<b>Research Fellow</b> 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  North Sydney, NSW
2022   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	•	<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  ◆ 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

## **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

Grant funding: 10.8M

Publications: 48

Citations: 945

#### **DISCLAIMER**

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Updated: 2025-04-30 11:00:42 AEDT

2010 BA Psychology & B Health
Macquarie University
2007

Macquarie, NSW

## SELECT GRANTS

K Lee, JH Conigrave, 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

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

## **SUPERVISION**

2022 • Teagan Weatherall

PhD Student

— Auxillary Supervisor

### **R PACKAGES**

JH Conigrave (2025). revise: Dynamic Revision Letters for 'Rmarkdown' Manuscripts
 CRAN. https://github.com/conig/revise

- 917 downloads

2019 JH Conigrave (2019). corx: Create and Format Correlation Matrices. *CRAN*. https://conigrave.com/corx

- 32,075 downloads

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

- 40,968 downloads

#### **PUBLICATIONS**

KSK Lee, JH Conigrave, E Dale, KM Conigrave, M Dzidowska, T Reynolds, S Wilson, J Perry, D Manton, A Lee, N Hayman, C Zheng, M Fitts, D Wilson, A Dawson (2025).
 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*, 44 (1), 119-132. https://doi.org/10.1111/dar.13964
 — 8 tweets

- EL Bradshaw, JJ Duineveld, <u>JH Conigrave</u>, BA Steward, KA Ferber, M Joussemet, PD Parker, RM Ryan (2024). Disentangling autonomy-supportive and psychologically controlling parenting: A meta-analysis of self-determination theory's dual process model across cultures. *American Psychologist*. https://doi.org/10.1037/amp0001389
   — 14 citations, 1 tweet, 2 mainstream media outlets
- <u>JH Conigrave</u>, 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
- <u>JH Conigrave</u>, 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, <u>JH Conigrave</u>, S Wilson, N Hayman, R Ivers, J Vnuk, P Haber, KM 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
- Aš Gába, TB Hartwig, Pín Jašková, T Sanders, J Dygrýn, Oře Vencálek, D Antczak, JH Conigrave, P Parker, BdP Cruz, SJ Fairclough, S Halson, K Hron, M Noetel, M Ávila-García, V Cabanas-Sánchez, Ián Cavero-Redondo, RG Curtis, BGGd Costa, Jd Pozo-Cruz, A García-Hermoso, AA Leahy, DR Lubans, CA Maher, D Martínez-Gómez, K Meredith-Jones, Aés Redondo-Tébar, Sév Sabia, KS Silva, P Skidmore, E Villa-González, MS Yerramalla, C Lonsdale (2024). Reallocating Time Between 24-h Movement Behaviors for Obesity Management Across the Lifespan: A Pooled Data Meta-Analysis of More Than 9800 Participants from Seven Countries. Sports Medicine, 1-14. https://doi.org/10.1007/s40279 -024-02148-4
  - 2 citations, 32 tweets
- 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
   65 citations, 352 tweets, 65 mainstream media outlets
- 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*, 43 (5), 1226-1234. https://doi.org/10.1111/dar.13851

— 1 citation, 10 tweets

- C Adams, N Perry, <u>JH Conigrave</u>, 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
  - 11 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 — 66 citations, 149 tweets, 27 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, 6 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

   8 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

— 3 citations

2022 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 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 — 20 citations, 11 tweets JH Conigrave, EL Bradshaw, KM Conigrave, RM Ryan, S Wilson, J Perry, MF Doyle, KSK 2021 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 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*. https://doi.org/10.1111/add.15428 — 18 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*. — 3 citations E Dale, KSK Lee, KM Conigrave, JH Conigrave, R Ivers, K Clapham, PJ Kelly (2021). A 2021 multi-methods yarn about SMART Recovery: First insights from Australian Aboriginal facilitators and group members. Drug and alcohol review. 2021 JN Donald, EL Bradshaw, JH Conigrave, PD Parker, LL Byatt, M Noetel, RM Ryan (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 — 56 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 — 13 citations, 7 tweets KSK Lee, JH Conigrave, MA Ansari, S Wilson, J Perry, C Zheng, B Freeburn, R Room, S 2021 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 — 32 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

— 19 citations, 13 tweets, 1 mainstream media outlet

2021		TJ Weatherall, <u>JH Conigrave</u> , 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. <i>Addiction science &amp; clinical practice</i> , <i>16</i> , <i>1-11</i> . https://doi.org/10.1186/s13722-021-00274-2 — 4 citations
2021		DT Winter, B Geiger, K Morley, <u>JH Conigrave</u> , PS Haber, BC Riordan (2021). Are bottle shops using Twitter to increase advertising or encourage drinking during COVID-19? <i>Australian and New Zealand journal of public health</i> , <i>45</i> ( <i>4</i> ), <i>391-393</i> . https://doi.org/10.1111/1753-6405.13118  — 1 citation, 13 tweets, 1 mainstream media outlet
2020	•	C Adams, <u>JH Conigrave</u> , J Lewohl, P Haber, KC Morley (2020). Alcohol use disorder and circulating cytokines: A systematic review and meta-analysis. <i>Brain, Behavior, and Immunity</i> , 89, 501-512. https://doi.org/10.1016/j.bbi.2020.08.002 — 91 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. <i>Addiction</i> , 115 (10), 1817-1830. https://doi.org/10.1111/add.15015 — 34 citations, 16 tweets
2020		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. <i>BMC family practice</i> , <i>21</i> , <i>1-22</i> . https://doi.org/10.1186/s12875-020-1101-x — 35 citations, 4 tweets, 1 mainstream media outlet
2020		KSK Lee, MS Fitts, <u>JH Conigrave</u> , 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. <i>BMC Medical Research Methodology</i> , 20, 1-11. https://doi.org/10.1186/s12874-020-01067-y — 24 citations, 1 tweet
2020		GC Purcell-Khodr, KSK Lee, <u>JH Conigrave</u> , 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. <i>Addiction Science &amp; Clinical Practice</i> , <i>15</i> , <i>1-21</i> . https://doi.org/10.1186/s13722-020-00204-8 — 18 citations, 11 tweets
2020	•	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
2020		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 review. <i>BMC family practice</i> , <i>21</i> , <i>1-17</i> . https://doi.org/10.1186/s12875-020-01288-6—18 citations, 2 tweets
2020		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 <i>Addiction Science &amp; Clinical Practice</i> , <i>15</i> , <i>1-11</i> . https://doi.org/10.1186/s13722-020-00205-7 — 27 citations, 14 tweets

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. July, 30. https://doi.org/10.31234/osf.io/emdb9 — 1 tweet 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 — 41 citations, 3 tweets KH Harrison, KSK Lee, T Dobbins, S Wilson, N Hayman, R Ivers, PS Haber, JH Conigrave, 2019 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 — 21 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 — 39 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 — 18 citations, 10 tweets 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. 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 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 — 53 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 — 10 citations 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. https://doi.org/10.1037/cdp0000247 — 15 citations, 3 tweets J Ciarrochi, PD Parker, BK Sahdra, TB Kashdan, N Kiuru, JH Conigrave (2017). When 2017 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
— 89 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*.
- RP Vasconcellos, M Noetel, T Sanders, C Lonsdale, P Parker, <u>JH Conigrave</u>, B Booker, E Tremaine (2024). Moderating effects of different aspects of screen use on Australian children's socio-emotional wellbeing: Evidence from a 1-year longitudinal study. *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, <u>JH Conigrave</u>, C Lonsdale (2020). Can a Brief Mindfulness Intervention Improve Sports Performance? A Double-Blind Randomised Controlled Trial. *OSF*. 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
  - 5 citations, 2 tweets
- 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 photophlethysmography-based HRV devices. OSF. https://doi.org/10.31234/osf.io/t3gdz
  - 11 citations
- 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

# COMMITTEE MEMBERSHIP

2022 Australasian Professional Society of Alcohol and Other Drugs (APSAD) Early-Mid Career Researchers Subcommittee 2019 — Elected Chair in 2020 CONFERENCE CONTRIBUTIONS 2023 JH Conigrave (2023). People might use alcohol to compensate for basic psychological need frustration. Research Society on Alcoholism Florida, USA JN Donald, H Nguyen, JH Conigrave, KB Lowe, AM Johnson, I Adarves-Yorno, S 2021 Rupprecht, E Devine, GFB Tamm, R Ryan (2021). A Systematic Review and Meta-Analysis of the Effects of Mindfulness Among Leaders. Academy of Management Virtual B Riordan, JH Conigrave, W Logge, KC Morley, PS Haber, D Scarf (2020). ""I WON'T 2020 DRINK WITH YOU TODAY!"" Analysing content from an online support group for those aiming to /r/Stopdrinking. *EHealth Sydney* Sydney, Australia 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. The Australasian Professional Society on Alcohol & other Drugs (APSAD) • Hobart, Australia KSK Lee, S Wilson, JH Conigrave, J Perry, S Callinan, N Hayman, R Room, T Chikritzhs, D 2019 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 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) PHobart, Australia M Dzidowska, KSK Lee, C Wylie, J Bailie, N Hayman, JH Conigrave, N Percival, KM 2019 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