

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

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	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	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

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

CONTACT INFO

-  conigrave.com
-  [scopus profile](#)
-  [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: 952

DISCLAIMER

This HTML document was created using [pagedown](#) in R. Google Scholar data retrieved using the [scholar](#) library. [Check out the code on GitHub.](#)

This document updates daily: conigrave.com/resume.

Updated: 2025-05-04 11:00:46 AEDT

2010
|
2007



BA Psychology & B Health
Macquarie University

📍 Macquarie, NSW



SELECT GRANTS

2025



K Lee, S Wilson, N Hewlett, JH Conigrave, T Weatherall, M Dzidowska, K Glover, N Reid, K Black, M Tracy, (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, 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

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



SUPERVISION

2022



Teagan Weatherall
PhD Student
— Auxillary Supervisor



R PACKAGES

2025



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

2019



JH Conigrave (2019). corx: Create and Format Correlation Matrices. CRAN. <https://conigrave.com/corx>
— 32,108 downloads

2017



JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. CRAN. <https://CRAN.R-project.org/package=Conigrave>
— 40,977 downloads



PUBLICATIONS

2025



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

- 2024 ● EL Bradshaw, JJ Duineveld, JH Conigrave, 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
- 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
- 2024 ● M Dzidowska, KSK Lee, JH Conigrave, 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
- 2024 ● 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 Caverro-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
- 2024 ● M Noetel, T Sanders, D Tracey, DR Lubans, VA Temple, A Bennie, JH Conigrave, M Babic, B Booker, R Pagano, J Boyer, C Lonsdale (2024). Effects of a School-Based Physical Activity Intervention on Children with Intellectual Disability: A Cluster Randomised Trial. *medRxiv*, 2024.12. 22.24319526. <https://doi.org/10.1101/2024.12.22.24319526>
— 1 tweet
- 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>
— 66 citations, 351 tweets, 65 mainstream media outlets
- 2024 ● TJ Weatherall, JH Conigrave, 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

- 2023 ● 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>
— 11 citations, 10 tweets
- 2023 ● EL Bradshaw, [JH Conigrave](#), BA Steward, KA Ferber, PD Parker, RM Ryan (2023). A meta-analysis 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>
— 67 citations, 148 tweets, 27 mainstream media outlets
- 2023 ● MS Chambers, A Shakeshaft, L Mills, A Clifford-Motopi, [JH Conigrave](#), 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>
- 2023 ● [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
- 2023 ● 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
- 2023 ● 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, IAGasotCoREiHa 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
- 2023 ● G Purcell-Khodr, [JH Conigrave](#), 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
- 2022 ● [JH Conigrave](#), 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
- 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>
— 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
- 2022 ● 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>
— 20 citations, 11 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
- 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
- 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*.
— 3 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
- 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
- 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>
— 13 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>
— 32 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>
— 19 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
- 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*, 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. *Addiction*, 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, [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, 1-22. <https://doi.org/10.1186/s12875-020-1101-x>
— 35 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>
— 24 citations, 1 tweet
- 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, 1-21. <https://doi.org/10.1186/s13722-020-00204-8>
— 19 citations, 12 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. . <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>
— 18 citations, 2 tweets
- 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, 1-11. <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>
— 42 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>
— 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>
— 40 citations, 2 tweets
- 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. <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
- 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. <https://doi.org/10.3102/0002831218824111>
— 54 citations, 2 tweets, 2 mainstream media outlets
- 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. <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
- 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. <https://doi.org/10.1111/jopy.12255>
— 90 citations, 24 tweets, 24 mainstream media outlets

“ 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

- 2025 ● RP Vasconcellos, M Noetel, T Sanders, C Lonsdale, P Parker, JH Conigrave (2025). Moderating effects of general need frustration on the association between electronic screen use and adolescents' socio-emotional problems. *OSF*. https://doi.org/10.31234/osf.io/hgpeb_v2
- 2024 ● 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*.
- 2024 ● RP Vasconcellos, M Noetel, T Sanders, C Lonsdale, P Parker, JH Conigrave, 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*.
- 2023 ● C-Ét Lavoie, EL Bradshaw, RM Ryan, JH Conigrave (2023). Linking alcohol consumption and dependence to the extent that drinking satisfies basic psychological needs. *OSF*.
- 2020 ● M Noetel, J Ciarrochi, JH Conigrave, 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
- 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*. <https://doi.org/10.31234/osf.io/nakqj>
— 5 citations, 2 tweets
- 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. *OSF*. <https://doi.org/10.31234/osf.io/t3gdz>
— 11 citations
- 2018 ● M Noetel, JH Conigrave, 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
- 2021 ● JN Donald, H Nguyen, JH Conigrave, KB Lowe, AM Johnson, I Adarves-Yorno, S Rupperecht, E Devine, GFB Tamm, R Ryan (2021). A Systematic Review and Meta-Analysis of the Effects of Mindfulness Among Leaders. *Academy of Management*
● Virtual
- 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