

JAMES CONIGRAVE

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 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: 142

h-index: 7

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Last updated: 2021-08-30 10:00:10 AEDT



SUPERVISION

Present
|
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>
— 11,976 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>
— 28,158 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. <https://doi.org/10.1186/s13722-021-00231-z>
— 6 tweets

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>
— 1 citation, 12 tweets

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*. <https://doi.org/10.1111/dar.13264>
— 20 tweets

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. <https://doi.org/10.5465/ambpp.2021.10448abstract>

- 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>
— 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*. <https://doi.org/10.1111/dar.13292>
— 1 citation, 13 tweets
- 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*. <https://doi.org/10.1111/1753-6405.13118>
— 13 tweets, 1 mainstream media outlet
- 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*. <https://doi.org/10.1111/dar.13333>
— 14 tweets
- 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*. <https://doi.org/10.1016/j.bbi.2020.08.002>
— 8 citations, 11 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>
— 9 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), 1-22. <https://doi.org/10.1186/s12875-020-1101-x>
— 5 citations, 5 tweets
- 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. <https://doi.org/10.1186/s12874-020-01067-y>
— 7 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), 1-21. <https://doi.org/10.1186/s13722-020-00204-8>
— 2 citations, 13 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), 1-17. <https://doi.org/10.1186/s12875-020-01288-6>
— 1 citation, 2 tweets

- 2020 ● A Saeri, P Slattery, M Noetel, E Grundy, JH Conigrave (2020). Dashboard: how are people responding to COVID-19? *BehaviourWorks Australia*. <https://doi.org/10.31219/osf.io/5wap8>
— 1 tweet
- 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. <https://doi.org/10.1186/s13722-020-00205-7>
— 3 citations, 14 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>
— 10 citations, 4 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>
— 5 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>
— 12 citations, 3 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>
— 6 citations, 14 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>
— 4 citations, 2 tweets
- 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>
— 8 citations, 2 tweets
- 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>
— 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. <https://doi.org/10.1037/cdp0000247>
— 7 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>
— 41 citations, 25 tweets, 22 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

- 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*. <https://doi.org/10.31234/osf.io/8bk7m>
— 9 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*. <https://doi.org/10.31234/osf.io/emdb9>
— 2 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>
— 1 citation, 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. *PsyArXiv*. <https://doi.org/10.31234/osf.io/t3gdz>
— 1 citation

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