

# 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	● <b>Research Fellow</b> Centre for Alcohol Policy Research, La Trobe University	📍 Bundoora, Vic
2024   2023	● <b>Academic Lead, Academic Workforce (Secondment)</b> 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	📍 North Sydney, NSW
2022   2018	● <b>Research Fellow</b> Centre of Research Excellence: Indigenous Health + Alcohol, The University of Sydney	📍 Camperdown, NSW
2017   2015	● <b>Research Assistant</b> 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	● <b>Mental Health Coordinator</b> Sydney North Shore and Beaches Medicare Local	📍 Frenchs Forest, NSW

## EDUCATION

2019   2015	● <b>PhD, Psychology</b> Institute for Positive Psychology and Education, Australian Catholic University	📍 North Sydney, NSW
2014	● <b>Certificate IV in Project Management</b> Northern Sydney Institute of TAFE	📍 Crows Nest, NSW
2012   2011	● <b>Masters of Public Health</b> The University of Sydney	📍 Camperdown, NSW

## CONTACT INFO

 [conigrave.com](https://conigrave.com)  
 [scopus profile](#)  
 [google scholar](#)  
 [github.com/conig](https://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: 54

Citations: 1168

CRAN downloads: 81,398

h-index: 20

## 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](https://conigrave.com/resume).

Updated: 2025-11-06 13:05:30 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

Present  
|  
2025

● **Tim Weatherall**  
PhD  
— Auxillary

Present  
|  
2025

● **Tamika Galea**  
PhD  
— Auxillary

2025  
|  
2020

● **Roberta Vasconcellos**  
PhD  
— Auxillary

2022  
|  
2019

● **Teagan Weatherall**  
PhD  
— Auxillary

2022  
|  
2018

● **Catherine Zheng**  
MD project  
— Auxillary



## R PACKAGES

2025

● JH Conigrave (2025). revise: Dynamic Revision Letters for 'Rmarkdown' Manuscripts  
*CRAN*. <https://github.com/conig/revise>  
— 4,143 downloads

- 2019 ● JH Conigrave (2019). corx: Create and Format Correlation Matrices. *CRAN*. <https://conigrave.com/corx>  
— 34,888 downloads
- 2017 ● JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. *CRAN*. <https://CRAN.R-project.org/package=Conigrave>  
— 42,367 downloads



## PUBLICATIONS

- 2025 ● MS Chambers, A Shakeshaft, L Mills, A Clifford-Motopi, JH Conigrave, D James, AD Tran (2025). Trajectories of psychological distress of men treated at Aboriginal residential rehabilitation services for alcohol and drug misuse. *International Journal of Mental Health and Addiction*, 23 (3), 2070-2088. <https://doi.org/10.1007/s11469-023-01217-5>  
— 2 citations
- 2025 ● JH Conigrave, T Dobbins, NA Buckley, KSK Lee, KC Morley, M Doyle, B Al-Ansari, S Wilson, S Loggins, K Conigrave (2025). Disparities in Opioid Agonist Treatment Accessibility for Priority Populations in New South Wales, Australia. *Drug and Alcohol Review*, 44 (4), 975-982. <https://doi.org/10.1111/dar.14069>  
— 4 tweets
- 2025 ● JN Donald, H Nguyen, JH Conigrave, A Johnson, I Adarves-Yorno, R Cheng, A Bedi, KB Lowe, JL Lyons, EK Devine, GB Tamm, RM Ryan (2025). Does Leaders' Mindfulness Benefit Followers? A Meta-analytic Review and Research Agenda. *British Journal of Management*. <https://doi.org/10.1111/1467-8551.70009>
- 2025 ● M Dzidowska, JH Conigrave, S Wilson, N Hayman, J Cook, L Gu, D Phung, A Dawson, N Percival, A Stearne, M Tracy, J Perry, T Chikritzhs, M Fitts, TJ Weatherall, L Bullen, C Holloway, K Morley, MA Ansari, KSK Lee (2025). Adapting the Grog survey app for alcohol screening and feedback in aboriginal and Torres Strait Islander health services: a mixed methods study protocol. *Addiction science & clinical practice*, 20 (1), 70. <https://doi.org/10.1186/s13722-025-00602-w>
- 2025 ● 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 (2025). 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*, 55 (3), 641-654. <https://doi.org/10.1007/s40279-024-02148-4>  
— 4 citations, 35 tweets
- 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>  
— 1 citation, 8 tweets

- 2025 ● KSK Lee, TJ Weatherall, A Stearne, M Dzidowska, N Hewlett, L Bullen, T Reynolds, S Loggins, [JH Conigrave](#) (2025). Review of alcohol use among Aboriginal and Torres Strait Islander peoples: patterns, impacts and community-led responses. *Journal of the Australian Indigenous HealthInfoNet*, 6 (3), 1. <https://doi.org/10.14221/2653-3219.1080>
- 2025 ● M Noetel, T Sanders, D Tracey, DR Lubans, VA Temple, A Bennie, [JH Conigrave](#), M Babic, B Booker, R Pagano, J Boyer, C Lonsdale (2025). Effects of a school-based physical activity intervention on children with intellectual disability: a cluster randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, 22 (1), 103. <https://doi.org/10.1186/s12966-025-01798-5>  
— 1 citation, 1 tweet
- 2025 ● RP Vasconcellos, T Sanders, C Lonsdale, P Parker, [JH Conigrave](#), S Tang, BdP Cruz, SJH Biddle, R Taylor, C Innes-Hughes, K Salmela-Aro, D Vasconcellos, K Wilhite, E Tremaine, B Booker, M Noetel (2025). Electronic screen use and children's socioemotional problems: A systematic review and meta-analysis of longitudinal studies. *Psychological bulletin*, 151 (5), 513. <https://doi.org/10.1037/bul0000468>  
— 11 citations, 19 tweets, 109 mainstream media outlets
- 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>  
— 31 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>  
— 1 citation
- 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>  
— 1 citation, 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 ● 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>  
— 98 citations, 345 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>  
— 3 citations, 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>  
— 20 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>  
— 112 citations, 144 tweets, 36 mainstream media outlets
- 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>  
— 1 citation, 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>  
— 3 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>  
— 3 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>  
— 9 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>  
— 4 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>  
— 7 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>  
— 23 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), 23. <https://doi.org/10.1186/s13722-021-00231-z>  
— 12 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>  
— 19 citations, 11 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*.  
— 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*.  
— 16 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>  
— 69 citations, 36 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>  
— 14 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>  
— 36 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>  
— 20 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), 65. <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, 12 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>  
— 120 citations, 9 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>  
— 38 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), 33. <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), 183. <https://doi.org/10.1186/s12874-020-01067-y>  
— 24 citations, 1 tweet
- 2020 ● M Noetel, J Ciarrochi, JH Conigrave, C Lonsdale (2020). Can a Brief Mindfulness Intervention Improve Sports Performance? A Double-Blind Randomised Controlled Trial. . <https://doi.org/10.31234/osf.io/8bk7m>  
— 1 citation, 9 tweets
- 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), 31. <https://doi.org/10.1186/s13722-020-00204-8>  
— 22 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), 260. <https://doi.org/10.1186/s12875-020-01288-6>  
— 20 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), 32. <https://doi.org/10.1186/s13722-020-00205-7>  
— 28 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>  
— 48 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>  
— 20 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>  
— 41 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>  
— 19 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>  
— 24 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>  
— 57 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>  
— 11 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>  
— 95 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, T Sanders, C Lonsdale, P Parker, [JH Conigrave](#), M Noetel (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\\_v1](https://doi.org/10.31234/osf.io/hgpeb_v1)
- 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*.
- 2022 ● 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 (2022). Benefits and risks associated with children's and adolescents' interactions with electronic screens: An umbrella review. *OSF*. <https://doi.org/10.31219/osf.io/c59v3>  
— 2 citations
- 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>  
— 7 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. *PsyArXiv*. <https://doi.org/10.31234/osf.io/t3gdz>  
— 12 citations

## RECENT PEER REVIEW

- 2025 ● Psychology of Addictive Behaviors
- 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