

JAMES CONIGRAVE, PhD

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, North Sydney, NSW
Australian Catholic University
- 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, North Sydney, NSW
Australian Catholic University

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: 141

h-index: 7

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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>
— 11,442 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>
— 27,687 downloads



PUBLICATIONS

2021

- JH Conigrave, EL Bradshaw, KM Conigrave, RM Ryan, S Wilson, J Perry, MF Doyle, KSK Lee (2021). Short screening tools for risky drinking in Aboriginal and Torres Strait Islander Australians: modified AUDIT-C and a new approach. *Addiction Science & Clinical Practice*, 16 (1), 1-11. <https://doi.org/10.1186/s13722-019-0152-6>
— 2 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). Alcohol: from Mesopotamia to Modern Iraq. *Addiction*. <https://doi.org/10.1080/15332640.2019.1657541>
— 1 citation

2021

- E Dale, KSK Lee, KM Conigrave, JH Conigrave, R Ivers, K Clapham, PJ Kelly (2021). Alcohol use disorder and circulating cytokines: A systematic review and meta-analysis. *Drug and alcohol review*. <https://doi.org/10.1016/j.bbi.2020.08.002>
— 11 tweets

2021

- JN Donald, H Nguyen, JH Conigrave, KB Lowe, AM Johnson, I Adarves-Yorno, S Rupprecht, E Devine, GFB Tamm, R Ryan (2021). Standardised alcohol screening in primary health care services targeting Aboriginal and Torres Strait Islander peoples in Australia. *Academy of Management Proceedings*, 2021 (1), 10448. <https://doi.org/10.1186/s13722-018-0108-2>
— 2 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). Empathy and universal values explicated by the empathy-altruism hypothesis. *Journal of Ethnicity in Substance Abuse*, 1-18. <https://doi.org/10.1080/00224545.2016.1152212>
— 9 citations, 2 tweets
- 2021 ● TJ Weatherall, JH Conigrave, KM Conigrave, J Perry, S Wilson, R Room, MS Fitts, N Hayman, KSK Lee (2021). Acceptability and feasibility of a computer-based application to help Aboriginal and Torres Strait Islander Australians describe their alcohol consumption. *Drug and Alcohol Review*. <https://doi.org/10.1080/15332640.2019.1579144>
— 1 citation
- 2021 ● DT Winter, B Geiger, K Morley, JH Conigrave, PS Haber, BC Riordan (2021). 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. *Australian and New Zealand journal of public health*. <https://doi.org/10.1186/s13722-019-0148-2>
— 3 tweets
- 2021 ● C Zheng, JH Conigrave, KM Conigrave, S Wilson, J Perry, TN Chikritzhs, MS Fitts, 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. *Drug and Alcohol Review*. <https://doi.org/10.1186/s13722-021-00231-z>
— 6 tweets
- 2020 ● C Adams, JH Conigrave, J Lewohl, P Haber, KC Morley (2020). 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. *Brain, Behavior, and Immunity*. <https://doi.org/10.1186/s13722-019-0148-2>
— 8 citations, 3 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). Finding Empathy: How Neuroscientific Measures, Evidence and Conceptualizations Interact. *Addiction*, 115 (10), 1817-1830. <https://doi.org/10.4324/9781003036685-6>
— 9 citations
- 2020 ● M Dzidowska, KSK Lee, C Wylie, J Bailie, N Percival, JH Conigrave, N Hayman, KM Conigrave (2020). Systematic review of addiction recovery mutual support groups and Indigenous people of Australia, New Zealand, Canada, the United States of America and Hawaii. *BMC family practice*, 21 (1), 1-22. <https://doi.org/10.1016/j.addbeh.2019.106038>
— 5 citations, 4 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). Short screening tools for risky drinking in Aboriginal and Torres Strait Islander Australians: modified AUDIT-C and a new approach. *BMC medical research methodology*, 20 (1), 1-11. <https://doi.org/10.1186/s13722-019-0152-6>
— 7 citations, 2 tweets
- 2020 ● GC Purcell-Khodr, KSK Lee, JH Conigrave, E Webster, KM Conigrave (2020). The role of peer support and mutual aid in reducing harm from alcohol, drugs and tobacco in 2020. *Addiction Science & Clinical Practice*, 15 (1), 1-21. <https://doi.org/10.1016/j.addbeh.2020.106480>
— 2 citations
- 2020 ● SA Rombouts, JH Conigrave, R Saitz, E Louie, P Haber, KC Morley (2020). Integrated learning in a drug and alcohol university degree for Aboriginal and Torres Strait Islander adults: a case study. *BMC Family Practice*, 21 (1), 1-17. <https://doi.org/10.1177/1177180118806384>
— 1 citation

- 2020 ● A Saeri, P Slattery, M Noetel, E Grundy, JH Conigrave (2020). Systemic parthenolide treatment attenuates LPS-induced fever, circulating cytokines and markers of brain inflammation in rats. *BehaviourWorks Australia*. <https://doi.org/10.1016/j.bbi.2011.07.048>
- 2020 ● TJ Weatherall, KM Conigrave, JH Conigrave, KSK Lee (2020). Demographic risk factors for co-occurring suicidality and cannabis use disorders: Findings from a nationally representative United States sample. *Addiction Science & Clinical Practice*, 15 (1), 1-11. <https://doi.org/10.1016/j.addbeh.2021.107047>
— 3 citations, 9 tweets
- 2019 ● E Dale, PJ Kelly, KSK Lee, JH Conigrave, R Ivers, K Clapham (2019). The broad autism phenotype: Implications for empathy and friendships in emerging adults. *Addictive Behaviors*, 98. <https://doi.org/10.1016/j.paid.2017.02.020>
— 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). College programming for students in addiction recovery: A PRISMA-guided scoping review. *BMJ open*, 9 (11). <https://doi.org/10.1016/j.addbeh.2021.106992>
— 5 citations, 20 tweets
- 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). Is Self-Compassion Selfish? The Development of Self-Compassion, Empathy, and Prosocial Behavior in Adolescence. *Addiction Science & Clinical Practice*, 14 (1), 15. <https://doi.org/10.1111/jora.12492>
— 12 citations, 5 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). Standardised alcohol screening in primary health care services targeting Aboriginal and Torres Strait Islander peoples in Australia. *BMC Medical Informatics and Decision Making*, 19 (1), 180. <https://doi.org/10.1186/s13722-018-0108-2>
— 6 citations, 2 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). Green space and substance use and addiction: A new frontier. *Addiction Science & Clinical Practice*, 14 (1), 22. <https://doi.org/10.1016/j.addbeh.2019.106155>
— 4 citations, 6 tweets
- 2019 ● HW Marsh, BV Zanden, PD Parker, J Guo, JH Conigrave, M Seaton (2019). 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. *American Educational Research Journal*, 56 (5), 1629-1680. <https://doi.org/10.1186/s13722-021-00231-z>
— 7 citations, 6 tweets
- 2019 ● SA Rombouts, JH Conigrave, E Louie, P Haber, KC Morley (2019). Priorities for preventing a concentrated HIV epidemic among Aboriginal and Torres Strait Islander Australians. *Systematic Reviews*, 8 (1), 1-6. <https://doi.org/10.5694/mja17.01071>
— 1 citation, 46 tweets, 6 mainstream media outlets
- 2018 ● BK Sahdra, PD Parker, RG Craven, R Brockman, EK Devine, JH Conigrave, DF Chang (2018). Drinking risk varies within and between Australian Aboriginal and Torres Strait Islander samples: a meta-analysis to identify sources of heterogeneity. *Cultural Diversity and Ethnic Minority Psychology*, 26 (1), 71-81. <https://doi.org/10.1111/add.15015>
— 7 citations, 16 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). Early life adversity exposure and circulating markers of inflammation in children and adolescents: A systematic review and meta-analysis. *PsyArXiv*. <https://doi.org/10.1016/j.bbi.2019.04.028>
— 51 tweets
- 2019 ● JH Conigrave, BK Sahdra, BV Zanden, J Ciarrochi (2019). Antidepressant activity of anti-cytokine treatment: A systematic review and meta- analysis of clinical trials of chronic inflammatory conditions. *PsyArXiv*. <https://doi.org/10.1016/j.bbi.2017.07.023>
- 2019 ● JH Conigrave, EL Bradshaw, E Devine, J Ciarrochi, BK Sahdra (2019). Genetic Research and Aboriginal and Torres Strait Islander Australians. *PsyArXiv*. <https://doi.org/10.1007/s11673-012-9391-x>
— 1 citation, 1 tweet
- 2019 ● W Ryan, JH Conigrave, G Basarkod, J Ciarrochi, BK Sahdra (2019). Drinking risk varies within and between Australian Aboriginal and Torres Strait Islander samples: a meta-analysis to identify sources of heterogeneity. *PsyArXiv*. <https://doi.org/10.1111/add.15015>
— 1 citation, 16 tweets

👥 RECENT 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