

JAMES CONIGRAVE

Researcher — Motivation, substance use and public health

I am a Research Fellow at La Trobe with a background in psychology. I am interested in understanding what factors can help people make better decisions about their health. In particular, I am interested in better understand motivation for health behaviour change, and risk taking. I have focused on building skills in biostatistics and programming, and have supported the continued development of the Grog Survey App.

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 |
| 2010 2007 | BA Psychology & B Health Macquarie University | Macquarie, NSW |





SELECT GRANTS

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| 2025 | K Lee, S Wilson, N Hewlett, <u>JH Conigrave</u> , T Weatherall, M Dzidowska, K Glover, N Reid (CIH), K Black, M Trac (2025). BubSafe’: Co-creating Australia’s first integrated digital health tool to prevent alcohol use during pregnancy among Aboriginal and Torres Strait Islander peoples. <i>National Health and Medical Research Council</i> — \$3,959,976 |
| 2024 | K Lee, <u>JH Conigrave</u> , 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. <i>Medical Research Future Fund (MRFF) Primary Health Care Digital Innovations</i> — \$3,466,749 |
| 2019 | KSK Lee, S Wilson, K Conigrave, T Chikritzhs, N Hayman, A Dawson, R Ali, <u>JH Conigrave</u> (CIH), M Fitts (2019). Better data on methamphetamines and other drugs among Indigenous Australians to inform policy and practice. <i>National Health and Medical Research Council</i> — \$2,630,000 |

SUPERVISION

| | |
|------|-------------------------------------------------------------------|
| 2022 | Teagan Weatherall PhD Student — Auxillary Supervisor |
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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: 10.1M

Publications: 45

Citations: 825

DISCLAIMER

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conigrave.com/resume.

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R PACKAGES

- 2019 ● JH Conigrave (2019). corx: Create and Format Correlation Matrices. CRAN. <https://conigrave.com/corx>
— 30,439 downloads
- 2017 ● JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. CRAN. <https://CRAN.R-project.org/package=Conigrave>
— 39,891 downloads



SELECT PUBLICATIONS

- 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>
— 39 citations, 362 tweets, 65 mainstream media outlets
- 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>
— 54 citations, 151 tweets, 12 mainstream media outlets
- 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>
— 49 citations, 36 tweets, 6 mainstream media outlets
- 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>
— 31 citations, 9 mainstream media outlets
- 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>
— 80 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>
— 32 citations, 17 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>
— 50 citations, 2 tweets, 2 mainstream media outlets
- 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>
— 80 citations, 24 tweets, 24 mainstream media outlets



COMMITTEE MEMBERSHIP

2022



2019



Australasian Professional Society of Alcohol and Other Drugs (APSAD)

Early-Mid Career Researchers Subcommittee

— Elected Chair in 2020