# JAMES CONIGRAVE

# Researcher — Motivation, substance use and public health

I am a Research Fellow (5.1 years since conferral). I am interested in understanding the motivational underpinnings of risk taking behaviour. I am passionate about reproducible research, and enjoy writing software packages to help researchers clearly and efficiently communicate their findings.

# ☐ RESEARCH EXPERIENCE

Present   2023	•	Academic Lead, Academic Workforce (Secondment) Office of the Provost, Australian Catholic University  North Sydney, NSW
Present   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	•	<b>PhD, Psychology</b> Institute for Positive Psychology and Education,

Australian Catholic University

**Masters of Public Health** 

**BA Psychology & B Health** 

The University of Sydney

Macquarie University

2015

2012

2011

2010

2007

#### CONTACT INFO

- @conigrave.com
- *₹* scopus profile
- **G** google scholar
- github.com/conig

#### SKILLS

Statistical analysis, datamanipulation, dashboards, writing, public speaking

Programming: R, Julia, Python

Document creation: LaTeX, Markdown, HTML, CSS

Adobe suite: Indesign, Photoshop, After effects

### ACADEMIC METRICS

Publications: 50

Citations: 691

North Sydney, NSW

• Camperdown, NSW

Macquarie, NSW

#### DISCLAIMER

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Present 2019

**Teagan Weatherall** 

PhD Student

Auxillary Supervisor

#### COMMITTEE MEMBERSHIP

2022

Australasian Professional Society of Alcohol and Other Drugs (APSAD)

2019

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

— 27,994 downloads

2017

JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. CRAN. https://CRAN.R-project.org/package=Conigrave

— 38,585 downloads

#### PUBLICATIONS

In press JH Conigrave, S Wilson, J Perry, N Hayman, T Chikritzhs, R Room, TJ Weatherall, C Zheng, KM Conigrave (In press). This article is protected by copyright. All rights reserved. . https://doi.org/10.4337 /9780857932648.00002

In press 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, RP Vasconcellos, R Pagano, J Sherson, JH Conigrave, C Lonsdale (In press). 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

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

- 9 citations, 360 tweets, 52 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. https://doi.org/10.1111 /dar.13851

- 11 tweets

- 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

   37 citations, 160 tweets, 11 mainstream media outlets
- 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
- 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
   7 tweets
- C-Ét Lavoie, EL Bradshaw, RM Ryan, <u>JH Conigrave</u> (2023). Linking alcohol consumption and dependence to the extent that drinking satisfies basic psychological needs. *OSF*. https://doi.org/

- KSK Lee, S Wilson, J Perry, JH Conigrave, C Zheng, L Dale, M Dzidowska, R Ali, N Ezard, KM Conigrave (2023). Tailored brief interventions and flexible content management systems: To enable the Grog App to be adapted across language and context. DRUG AND ALCOHOL REVIEW, 42, S6-S6. https://doi.org/

- KSK Lee, S Wilson, R Ali, MWR Stevens, L Hides, J Ward, R Reilly, J Ramp, N Hayman, JH Conigrave, J Perry, KM Conigrave (2023). Symposium: Digital innovation in alcohol and other drug use research and practice. *Drug and Alcohol Review, 42, S5-S6.* https://doi.org/
- G Purcell-Khodr, <u>JH Conigrave</u>, 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 1 citation, 8 tweets
- EL Bradshaw, JJ Duineveld, JH Conigrave, BA Steward, KA Ferber, M Joussemet, PD Parker, RM Ryan, EL Bradshaw, J Duineveld, JH Conigrave, BA Steward, K Ferber, M Joussemet (2022). Disentangling autonomy supportive and psychologically controlling parenting: A meta-analysis of Self-Determination Theory's dual process model across cultures.

   Unpublished manuscript]. Australian Catholic University. https://doi.org /10.31234/osf.io/maf3e
   1 citation
- 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

   4 citations
- N Hayman, JH Conigrave, M Doyle, L Bullen, TJ Weatherall, D James, T Reynolds, J Perry, KM Conigrave (2022). Walking side-by-side: Supporting Aboriginal and Torres Strait Islander Australians to lead the way in alcohol research. https://doi.org/10.1111/dar.13523

   14 tweets
- 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

   5 citations
- 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

   16 citations, 14 tweets

- 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
- 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
   15 citations, 12 tweets
- 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. https://doi.org/
   2 citations
- E Dale, KSK Lee, KM Conigrave, <u>JH Conigrave</u>, 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/
   14 citations
- 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

   40 citations, 36 tweets, 5 mainstream media outlets

- TJ Weatherall, <u>JH Conigrave</u>, KM Conigrave (2021). Display options. *Drug Alcohol Rev.* https://doi.org/
- 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

   3 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 - 17 citations, 13 tweets, 1 mainstream media outlet
- 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
  - 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 metaanalysis, Brain, Behavior, and Immunity, 89, 501-512, https://doi.org/10 .1016/j.bbi.2020.08.002 - 67 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 - 30 citations, 19 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 - 27 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 22 citations, 2 tweets
- GC Purcell-Khodr, KSK Lee, JH Conigrave, E Webster, KM Conigrave 2020 (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 — 17 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 review. BMC Family Practice, 21, 1-17. https://doi.org/10.1186/s12875-020-01288-6 — 14 citations, 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. . https://doi.org/10.1186 /s12875-020-01288-6

— 2 tweets

- 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
- 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

   2 tweets
- 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
   36 citations, 4 tweets
- 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 17 citations, 1 tweet
- 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 35 citations, 2 tweets

- HW Marsh, BV Zanden, PD Parker, J Guo, <u>JH Conigrave</u>, 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
  - 43 citations, 2 tweets, 2 mainstream media outlets

- 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

   6 citations
- M Noetel, <u>JH Conigrave</u>, M Moresi, P Taylor (2018). Growth mindset versus direct instruction for persistence and achievement in an undergraduate STEM course. *OSF*. https://doi.org/
- 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

   13 citations, 3 tweets
- 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

   71 citations, 25 tweets, 24 mainstream media outlets

### **66** COMMENTARIES ON WORK

NA NA (NA). Commentary on Conigrave et al. (2020): Meta-analysis of drinking patterns in Aboriginal and Torres Strait Islander populations highlights policy and research. NA.

#### PRE-PRINTS

- M Noetel, J Ciarrochi, <u>JH Conigrave</u>, 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
  - 1 citation, 9 tweets
- <u>JH Conigrave</u>, 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 3 citations, 2 tweets
- W Ryan, <u>JH Conigrave</u>, 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 photophlethysmographybased HRV devices. *PsyArXiv*. https://doi.org/10.31234/osf.io/t3gdz 9 citations

## RECENT PEER REVIEW

2022 • Addiction

2022	•	Drug and Alcohol Review
2021	•	Scientific Reports
2021	•	Alcoholism: Clinical and Experimental Research
2021	•	Addiction Science & Clinical Practice
	<b>3</b>	CONFERENCE CONTRIBUTIONS
2022	•	JH Conigrave (2022). People might use alcohol to compensate for basic psychological need frustration. Research Society on Alcoholism $lacktriangle$ Florida, USA
2021	•	JN Donald, H Nguyen, <u>JH Conigrave</u> , 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. <i>Academy of Management</i>
		♥ Virtual
2020	•	B Riordan, <u>JH Conigrave</u> , 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. <i>EHealth Sydney</i> • 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. <i>The Australasian Professional Society on Alcohol &amp; other Drugs (APSAD)</i>
		♥ Hobart, Australia
2019		KSK Lee, S Wilson, <u>JH Conigrave</u> , 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. <i>The Australasian Professional Society on Alcohol &amp; other Drugs (APSAD)</i>
		♦ Hobart, Australia
2019		S Rombouts, K Morley, <u>JH Conigrave</u> , 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. <i>The Australasian Professional Society on Alcohol &amp; other Drugs (APSAD)</i> • Hobart, Australia
2019		M Dzidowska, KSK Lee, C Wylie, J Bailie, N Hayman, <u>JH Conigrave</u> , 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? <i>The Australasian Professional Society on Alcohol &amp; other Drugs (APSAD)</i>
		♥ 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

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**

- K Morley, W Logge, K Chitty, <u>JH Conigrave</u>, 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
- 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
- S Farnbach, KSK Lee, A Eades, C Foley, <u>JH Conigrave</u> (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