# 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	•	Academic Lead, Academic Workforce (Secondment)
2023		Office of the Provost, Australian Catholic University  • North Sydney, NSW
Present   2023		<b>Research Fellow</b> Institute for Positive Psychology and Education, Australian Catholic University
2025		♦ North Sydney, NSW
2022   2018	•	Research Fellow Centre of Research Excellence: Indigenous Health + Alcohol, The University of Sydney
2017		♥ Camperdown, NSW  Research Assistant
2017		Institute for Positive Psychology and Education, Australian Catholic University
2010		• North Sydney, NSW
		PROFESSIONAL EXPERIENCE
2014		Health Promotion Officer Sydney North Shore and Beaches Medicare Local  ◆ North Sydney, NSW
2014	•	Mental Health Coordinator
2013		Sydney North Shore and Beaches Medicare Local  • Frenchs Forest, NSW
		EDUCATION
2019	•	PhD, Psychology
 2015		Institute for Positive Psychology and Education, Australian Catholic University  ◆ North Sydney, NSW
2012   2011	•	Masters of Public Health The University of Sydney   ◆ Camperdown, NSW

BA Psychology & B Health

Macquarie University

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: 48

Citations: 691

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Macquarie, NSW



Present |

Teagan Weatherall

PhD Student

2019 — Auxillary Supervisor

# **Q** 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

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

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

- 5 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

- 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
- 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
   1 citation
- 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, 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/
   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
- M Dzidowska, KSK Lee, <u>JH Conigrave</u>, 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)*. <a href="https://doi.org/10.1111/add.15712">https://doi.org/10.1111/add.15712</a>
   9 citations, 8 tweets
- 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
   27 citations
- 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
- TJ Weatherall, <u>JH Conigrave</u>, 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

- 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, 13 tweets, 1 mainstream media outlet
- 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
   67 citations, 10 tweets
- 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
- 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
- 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). 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
- SA Rombouts, <u>JH Conigrave</u>, 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
- ◆ SA Rombouts, <u>JH Conigrave</u>, 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, <u>JH Conigrave</u>, 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
  - 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

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

- 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
- 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 3 citations, 2 tweets
- 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 photophlethysmographybased HRV devices. *PsyArXiv*. https://doi.org/10.31234/osf.io/t3gdz 9 citations

### RECENT PEER REVIEW

- 2024 Addiction
- 2024 Motivation and Emotion
- 2024 Australian and New Zealand Journal of Psychiatry

2024 Drug and Alcohol Review Substance Abuse: Research and Treatment 2023 CONFERENCE CONTRIBUTIONS 2022 JH Conigrave (2022). 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 Rupprecht, 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 JH Conigrave, KSK Lee, K Harrison, T Dobbins, N Hayman, S Wilson, R 2019 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 selfesteem and negative outcomes. Self Conference

Melbourne, Australia

# **GRANTS**

- 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
- 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