

# JAMES CONIGRAVE

## 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 enjoys statistics, programming, and 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, Camperdown, NSW  
The University of Sydney
- 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, Camperdown, Sydney  
The University of Sydney
- 2016 • **Heart Rate Variability (HRV)**  
Australian Catholic University Strathfield, NSW

## CONTACT INFO

- [conigrave.com](https://conigrave.com)
- [google scholar](#)
- [github.com/conig](https://github.com/conig)
- [james@conigrave.com](mailto: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: 30

Citations: 209

h-index: 9

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*Last updated: 2022-01-12 10:00:22 AEDT*



## 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>  
— 14,627 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>  
— 30,511 downloads



## PUBLICATIONS

In press

● JN Donald, EL Bradshaw, JH Conigrave, PD Parker, LL Byatt, M Noetel, RM Ryan (In press). Paths to the Light and Dark Sides of Human Nature: A Meta-analysis of the Prosocial Benefits of Autonomy and the Antisocial Costs of Control. *Psychological Bulletin*. <https://doi.org/10.1037/0033-2909.106.2.332>

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), 1-11. <https://doi.org/10.1186/s13722-021-00231-z>  
— 2 citations, 6 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). 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>  
— 5 citations, 12 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*. <https://doi.org/10.1111/dar.13403>  
— 7 tweets
- 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*. <https://doi.org/10.1111/dar.13264>  
— 2 citations, 20 tweets
- 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>  
— 8 tweets
- 2021 ● DB James, KSK Lee, M Dronavalli, RJ Courtney, KM Conigrave, JH Conigrave, A Shakeshaft (2021). 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*. <https://doi.org/10.1111/dar.13388>
- 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>  
— 13 citations
- 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), 1-11. <https://doi.org/10.1186/s13722-021-00274-2>  
— 2 tweets
- 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>  
— 3 citations, 13 tweets
- 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*. <https://doi.org/10.1111/1753-6405.13118>  
— 13 tweets, 1 mainstream media outlet
- 2021 ● C Zheng, JH Conigrave, K Conigrave, S Wilson, J Perry, T Chikritzhs, M Fitts, KSK Lee (2021). Indigenous Australian drinking patterns. *Drug and Alcohol Review*. <https://doi.org/10.1111/dar.13403>  
— 7 tweets
- 2021 ● C Zheng, JH Conigrave, KM Conigrave, S Wilson, J Perry, TN Chikritzhs, MS Fitts, KSK Lee (2021). 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*. <https://doi.org/10.1111/dar.13333>  
— 2 citations, 14 tweets

- 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*. <https://doi.org/10.1016/j.bbi.2020.08.002>  
— 12 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>  
— 14 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), 1-22. <https://doi.org/10.1186/s12875-020-1101-x>  
— 11 citations, 5 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). Recruiting a representative sample of urban South Australian Aboriginal adults for a survey on alcohol consumption. *BMC medical research methodology*, 20 (1), 1-11. <https://doi.org/10.1186/s12874-020-01067-y>  
— 12 citations, 2 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), 1-21. <https://doi.org/10.1186/s13722-020-00204-8>  
— 4 citations, 13 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), 1-17. <https://doi.org/10.1186/s12875-020-01288-6>  
— 1 citation, 2 tweets
- 2020 ● A Saeri, P Slattery, M Noetel, E Grundy, JH Conigrave (2020). Dashboard: how are people responding to COVID-19? *BehaviourWorks Australia*. <https://doi.org/10.31219/osf.io/5wap8>  
— 1 tweet
- 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), 1-11. <https://doi.org/10.1186/s13722-020-00205-7>  
— 4 citations, 15 tweets
- 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>  
— 11 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). 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>  
— 8 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>  
— 18 citations, 3 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>  
— 8 citations, 14 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>  
— 7 citations, 2 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>  
— 15 citations, 2 tweets
- 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>  
— 2 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>  
— 9 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>  
— 44 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). Can a Brief Mindfulness Intervention Improve Sports Performance? A Double-Blind Randomised Controlled Trial. *PsyArXiv*. <https://doi.org/10.31234/osf.io/8bk7m>  
— 9 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*. <https://doi.org/10.31234/osf.io/emdb9>  
— 2 tweets
- 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>  
— 1 citation, 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>  
— 1 citation



## 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

- 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
- 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