# JAMES CONIGRAVE

# $\label{eq:Researcher-Motivation} Researcher-\mbox{Motivation, substance use and public health}$

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.

## ☐ ACADEMIC EXPERIENCE

Present   2024	•	Research Fellow Centre for Alcohol Policy Research, La Trobe University  ◆ Bundoora, Vic
2024   2023		Academic Lead, Academic Workforce (Secondment) Office of the Provost, Australian Catholic University  North Sydney, NSW
2024   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	•	<b>Health Promotion Officer</b> 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   2015	•	PhD, Psychology Institute for Positive Psychology and Education, Australian Catholic University  ◆ North Sydney, NSW
2012   2011	•	Masters of Public Health The University of Sydney   ◆ Camperdown, NSW

## **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: 44
Citations: 690

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## COMMITTEE MEMBERSHIP

2022 Australasian Professional Society of Alcohol and Other Drugs 2019

Macquarie, NSW

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 - 28,042 downloads

JH Conigrave (2017). Conigrave: Flexible Tools for Multiple Imputation. 2017 CRAN. https://CRAN.R-project.org/package=Conigrave — 38,601 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, I Sherson, IH 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

- 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
- KSK Lee, JH Conigrave, S Wilson, J Perry, N Hayman, T Chikritzhs, R Room, TJ Weatherall, C Zheng, KM Conigrave (2023). Deeper understandings of patterns of drinking among Aboriginal and Torres Strait Islander Australians: Informing policy and practice. Health promotion journal of Australia, 34 (4), 883. https://doi.org/10.1002/hpja.696
   5 tweets
- 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
- 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, 37 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
- 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
- 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, <u>JH Conigrave</u>, 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, 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
- 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
- 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, 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
   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

  -7

   6 citations
- 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, <u>JH Conigrave</u> (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

- 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/
- 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, 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 photophlethysmography-based HRV devices. PsyArXiv. https://doi.org/10.31234/osf.io/t3gdz 9 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/

## RECENT PEER REVIEW

- 2024 Addiction
- 2024 Motivation and Emotion
- 4 Australian and New Zealand Journal of Psychiatry
- 2024 Drug and Alcohol Review
- 2023 Substance Abuse: Research and Treatment

# **©** CONFERENCE CONTRIBUTIONS

- JH Conigrave (2023). People might use alcohol to compensate for basic psychological need frustration. *Research Society on Alcoholism* Florida. USA
- 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. *Academy of Management*

• Virtual

- 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

• 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. *The Australasian Professional Society on Alcohol & other Drugs (APSAD)* 

• Hobart, Australia

- 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. *The Australasian Professional Society on Alcohol & other Drugs (APSAD)*◆ Hobart, Australia
- 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

- 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 Lee, JH Conigrave, 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. Medical Research Future Fund (MRFF) Primary Health Care Digital Innovations

  − \$3,466,749
- 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

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