

2022-2023 SOAR Mentor
Meredith Coles, PhD
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Dr. Meredith Coles is a professor of psychology at Binghamton University in Binghamton NY. She is also director of the Binghamton Anxiety Clinic. Dr. Coles received her doctorate from Temple University in Philadelphia PA. Dr. Coles has extensive experience studying anxiety disorders in both adults and children. Much of her work has focused on obsessive compulsive disorder (OCD). In recent years, Dr. Coles and her team have become very interested in the potential role of delayed sleep timing /circadian rhythms in individual with OCD and both homeostatic and circadian influences on multiple forms of repetitive negative thinking. Dr. Coles has repeatedly received support from NIMH. She is a fellow of the Association for Behavioral and Cognitive Therapies and the Association for Psychological Science.