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Meredith holds a Master's in Public Health from Cardiff University, and a Human Sciences undergraduate degree from the University of Sussex. Prior to joining the institute Meredith worked for the Public Health England Primary Care Unit as a research assistant on antimicrobial stewardship projects, with a focus on understanding public perceptions of infections and antibiotics, and designing and evaluating behaviour change interventions around antibiotic taking and prescribing.

Her current research explores cardiovascular disease: understanding patient narratives around atrial fibrillation and adherence to anticoagulation.