**Supplement Table 1. *Description of TAU in the period between baseline (T0) and post-treatment (T1).***

|  |  |  |  |
| --- | --- | --- | --- |
|  | **MBCT+TAU****(*n*=54)** | **TAU****(*n*=56)** |  |
|  | ***n* (%)** | ***n* (%)** | ***p*** |
| Use of ADHD medication (yes)  | 35 (65) | 37 (66) | 0.890 |
| Stable medication | 25 (71) | 16 (43) | 0.016 |
| Changed type medication | 2 (6) | 3 (8) | 1.000 |
| Started or increased dosage | 5 (14) | 11 (30) | 0.115 |
| Stopped or decreased dosage | 3 (9) | 7 (19) | 0.309 |
| Psychosocial treatment ADHD (yes) | 17 (31) | 20 (36) | 0.639 |
| Cognitive behavioural therapy | 5 (9) | 5 (9) | 1.000 |
| Psychotherapy | 2 (4) | 4 (7) | 0.679 |
| Systemic or relational therapy | 1 (2) | 1 (2) | 1.000 |
| Psychoeducation and skills training | 2 (4) | 1 (2) | 0.615 |
| Coaching/supportive treatment | 5 (9) | 7 (13) | 0.586 |
| Not specified | 2 (4) | 2 (4) | 1.000 |

**Supplement Figure 1. *Change in ADHD symptoms (CAARS-INV) between baseline and post-treatment.***

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*Note.* The diagonal line represents no pre-post change on the CAARS-INV and the dashed upper and lower lines represent the boundaries of the 95% CI of the Reliable Change Index.