

Table S4. An overview of the study characteristics of poor-quality studies removed from further analysis.

Study	Design	Sample	Mindfulness condition	Control condition	ADHD status	Medication Permitted (Y/N/NR)	Other therapy permitted (Y/N/NR)	Excluded comorbidities	Age range of ADHD patients (years)	Gender (M:F)	Analysed sample size (initial sample)
Converse et al. 2020 [1]	nRCT	Adult patients	Tai Chi	Active control (Box Blast) Inactive control (no contact)	US ADHD diagnosis	Y	NR	None	18-23	7:12	19 (21)
Gershly et al. 2017 [2]	RCT	Families with child patients	Nonviolent resistance and mindfulness parent training	Nonviolent resistance parent training	Child – US ADHD diagnosis	NR	NR	ID, PSY	6-15	65:14	38 children (79 children: 79 mothers & 73 fathers)
Kratter 1983 [3]	RCT	Child patients	Meditation training	Active Control (Relaxation training) Inactive control (WL)	DSM-III	Y (Stimulants only)	NR	NEURO, PSY	7-12	24:0	24
Schoenberg et al. 2014 [4]	RCT	Adult patients	MBCT	WL	DSM-IV-TR	Y	No extra mindful. therapy	SUD, PSY PERS, BEH, LD	18-65	Not stated	50 (61)
Sibalis et al. 2019 [5]	P-P	Child patients	Mindfulness Martial Arts	WL	DSM-IV + LD	Y	NR	Not stated	11-17	48:8	56
Sidhu 2015 [6]	RCT	Child patients	Mindfulness training	Puzzle or lego	DSM-IV-TR or probable ADHD	Y	NR	PSY, BPD, SUI, SH, ID, SUD, physical limits	7-12	13:16	29 (34)
Zylowska et al. 2008 [7]	P-P	Adult + child patients	Mindfulness training	N/A	DSM-IV	Y	Y	PSY, BPD, PERS, CD, SUI, SH.	15 +	12:20	25 (32)

RCT = Randomized Control Trial, nRCT = Non-Randomised Controlled Trial, Pre-Post = Pre-post design; WL = Waitlist, US = unspecified, Y = Yes, N= No, NR – Not reported ODD = Oppositional Defiant Disorder, SZ = Schizophrenia, BPD = Bipolar Disorder, Substance abuse or dependence = SUD, Autism = ASD, DEP = depression, ANX = anxiety, GAD = Generalised Anxiety Disorder, PD = Panic Disorder, LD = Learning disability, SUI = suicidality, SH = self-harm, NEURO = Neurological condition, DD = Developmental disorder, PSY = Psychosis, MOOD = Any major mood disorder, OCD = Obsessive Compulsivity Disorder, TS = Tourette’s syndrome, PTSD = Post traumatic stress disorder, PERS = personality disorders, ID = Intellectual disability, BEH = behavioural problems (unspecified), CD = Conduct Disorder, M= Male, F = Female.

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