

Supplementary Table S5. An overview of the most consistently applied measures, not otherwise separately tabulated. Effect sizes (g) refer to those immediately after any intervention.

ADHD Symptoms	Mindfulness Effect Size Range	Control Effect Size Range
CAARS-INV (Adults)		
Total score [1-4]	-0.37, -0.94	-0.14, -0.89
CAARS-SR (Adults)		
ADHD Index [1,3,5]	-0.17, -1.68	-0.23, -0.50
Total score [1-4]	-0.72, 0.30	-0.19, -0.60
BRIEF-ASR (Adults)		
Total [2,4,6]	-0.26, -1.13	-0.07, 0.20
ANT (Adults)		
Alerting [5-7]	-1.11, 0.29	-0.08, 0.30
Orienting [5-7]	-0.84, 0.08	-0.06, -0.16
Conflict [5-7]	-0.11, -0.58	-0.10, -0.63
Quality of Life (Adults)		
Outcomes Questionnaire [2,4]	-0.15, -0.32	-0.09, -0.12
Depression (Adults)		
BDI [2,3,5,7]	-0.34, -0.71	-0.04, -0.44
Anxiety (Adults)		
STAI [2,5,7]	-0.52, -0.70	-0.06, -0.28
Stress (Parents)		
PSI Total [8-11]	-1.22, 0.16	-0.29, 0.04
Behaviour inventory (Children)		
CBCL Total [10,12]	-0.37, -1.72	-0.04, 0.00
Mindfulness (Adults)		
MAAS total [5,13]	0.57, 1.16	0.09, 0.30

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