

Appendix 1

Content of the sessions in child (MC) and parent mindfulness (MP) training (adopted from previous studies [2 3])

	MC-theme	MC-exercise	MP- theme	MP-exercise
1	From Mars	With parents: ‘raisin’ exercise; Child session: sensory awareness exercises; ‘raisin’ exercise with chips; breathing meditation	From Mars	With children: ‘raisin’ exercise; Parental session: psycho-education on ADHD/ mindfulness, breathing meditation, doing homework for yourself & helping child with home-work
2	My Body	Breathing meditation, body awareness exercises, body scan, yoga-exercises	My Body	Breathing meditation, body scan
3	My Breath	Breathing meditation, body awareness exercises, body scan, yoga-exercises	My Breath	Body scan, breathing space, breath & body awareness meditation
4	Distraction	Breathing meditation, body awareness exercises, body scan, yoga-exercises	Automatic responding	Breath & body awareness meditation, psychoeducation stress & automatic responding, exercise awareness of positive interaction with child, breathing space
5	Automatic responding	Breathing space, awareness of automatic responding exercises, body scan, yoga-exercises	Habits & Automatic responding	Breath & hearing meditation, psycho-education responding to stressful situations with child & using breathing space in stressful situations
6	Up to now	Breathing meditation, repetition learned skills, breathing space in difficult situations, body scan by one of the children, hearing meditation with bell, yoga-exercises	Communication with your child	Breathing meditation, exercise breathing space in stressful situation with your child, body scan
7	Practice	Breathing meditation, meditations & yoga with children as instructors, looking meditation, body scan	Accepting your child	Breathing meditation, exercise breathing space in stressful situation with your child
8	On my own	With parents: breathing meditation, body scan, yoga & meditation with children as instructors, meditation schedule for next 3 months, evaluation training	On your own Letting go	With children: breathing meditation, body scan, yoga & meditation with children as instructors, meditation schedule for next 3 months, evaluation training

Appendix 2

Proposed content of the sessions in CBT program for children with ADHD (CC) and the concurrent psycho-educational program for parents of children with ADHD (PP)

	Theme	CC-content	PP-content
1	Problem Solving	<ul style="list-style-type: none"> ● Psycho-education on the five steps of problem solving ● Apply the problem solving skills through games in the session ● Apply the problem solving skills in daily life through homework 	<ul style="list-style-type: none"> ● Psycho-education on the five steps of problem solving ● Model the problem solving skills to children in daily life ● Facilitate children's problem solving in daily life
2	Self-Control	<ul style="list-style-type: none"> ● Introduce and reinforce "Stop & Think" to enhance self-control ● Practice "Stop & Think" through games involving response inhibition ● Apply "Stop & Think" in daily life through homework 	<ul style="list-style-type: none"> ● Psycho-education on the importance of self-control ● Model "Stop & Think" to children in daily life ● Reinforce children to apply "Stop & Think" in daily life through homework
3	Handling Academic Problems	<ul style="list-style-type: none"> ● Identify children's academic problems, e.g. procrastination ● Make plans to apply "Stop & Think" and problem solving in handling academic problems ● Encourage children to monitor the process and self-evaluate through homework 	<ul style="list-style-type: none"> ● Identify children's academic problems, e.g. procrastination ● Help children to apply "Stop & Think" and problem solving in handling academic problems ● Reinforce children to monitor the process and self-evaluate through homework
4	Understanding Emotions	<ul style="list-style-type: none"> ● Psycho-education on emotion ● Identify emotions in different situations ● Identify body signature of emotions ● Enhance awareness of emotion in daily life through home work 	<ul style="list-style-type: none"> ● Psycho-education on emotion ● Identify body signature of emotions ● Reinforce children to promote awareness of emotion in daily life through home work
5	Response to Emotions	<ul style="list-style-type: none"> ● Psycho-education on appropriate way to express emotions ● Practice relaxation skills ● Make plans to apply "Stop & Think" and problem solving in responding to emotions ● Apply in daily life through homework 	<ul style="list-style-type: none"> ● Psycho-education on appropriate way to express emotions ● Model relaxation skills to children ● Reinforce children to apply "Stop & Think" and problem solving in responding to emotions in daily life
6	Listening and Conversational Skills	<ul style="list-style-type: none"> ● Psycho-education on effective listening and conversational skills ● Practice listening and conversational skills through games and role play ● Enhance awareness by self-evaluating the use of skills through homework 	<ul style="list-style-type: none"> ● Psycho-education on effective listening and conversational skills ● Facilitate children to use listening and conversational skills in daily life ● Reinforce children to self-evaluate the use of skills through homework

7	Perspective Taking in Social Situations	<ul style="list-style-type: none"> ● Psycho-education on the importance of perspective taking ● Practice perspective taking through cartoons and role play ● Practice perspective taking in daily life through reflective homework 	<ul style="list-style-type: none"> ● Psycho-education on the importance of perspective taking ● Model perspective taking to children and facilitate children to consider others' perspective in daily life ● Reinforce children to practice perspective taking in daily life through reflective homework
8	Handling Social Problems	<ul style="list-style-type: none"> ● Identify children's common social problems ● Make plans to apply "Stop & Think" and problem solving in handling social problems ● Encourage children to monitor the process and self-evaluate through homework 	<ul style="list-style-type: none"> ● Identify children's common social problems ● Help children to apply "Stop & Think" and problem solving in handling social problems ● Reinforce children to monitor the process and self-evaluate through homework