Supplementary Table 1. 10-session CBT program for adults with ADHD: a roadmap to clarity, action, and growth

	Topic	Key activities
1	Kickoff & Foundations: Getting to Know the Group and Goals	Icebreakers, psychoeducation on ADHD, personal goal-setting.
2	Mastering Time: Awareness, Planning, and Control	Time-tracking exercises, visual time aids, daily planner introduction
3	Making It Manageable: Break It Down and Build in Rewards	Task analysis, step-by-step planning, self-reward worksheets
4	What Matters Most: Smart Prioritizing and Actionable To-Do Lists	Eisenhower matrix, prioritization drills, to-do list redesign
5	Getting Unstuck (Part 1): Tackling Emotional Roadblocks	CBT thought logs(Situation-Automatic Thought-Emotion-Cognitive Distortion-Alternative Thought, Core Beliefs)
6	Getting Unstuck (Part 2): Managing Reactions and Reframing Thoughts	Cognitive restructuring, Emotion tracking and Reducing negative emotions associated with maladaptive thoughts.
7	Fuel for Action: Boosting Activation and Sustaining Motivation	Activation strategies, Overcoming emotional and social barriers, Visualization of reward.
8	Designing Your System: Organizing Your Life, Your Way	Home/workspace audit, digital organization tips, organizing tools demo, "FAT" (File–Action–Trash) method.
9	Living the System: Putting Your Plan into Action	Real-life check-ins, progress tracking.
10	Looking Back, Moving Forward: Reflection and Closure	Pre/post program self-assessment survey, progress reflection, group debrief

CBT, cognitive behavioral therapy; ADHD, attention-deficit/hyperactivity disorder.