

Mindfulness for ADD Outcomes Summary—Individualized Sessions

February 5, 2026

Andrew Safer conducted an individualized six-session workshop series, “Mindfulness for ADD”, in St. John’s from December 12 to January 29 (with a break for Christmas and New Year’s).

Randy (not his real name), an 18-year-old male with Attention Deficit Disorder (no hyperactivity) attended the weekly sessions in-person at 21 Merrymeeting Rd. in St. John’s. Randy’s father also attended as a support to his son. The sessions emphasized Mindfulness elements that strengthen presence and focus, and reduce impulsivity.

The weekly topics were:

1. Dealing with Distraction: Mindfulness of Breath
2. Focusing Attention: Being Present
3. From Restlessness to Resting the Mind
4. Finding the Inner Compass
5. Taking a Break from Reactivity
6. Loving-kindness: Self-Compassion

Each session included a check-in, Mindfulness instruction, guidance and practice, discussion, slide presentation (most sessions), and Q&A/discussion. Between sessions, clients were emailed links to relevant articles/videos, and encouraged to practice mindfulness daily.

In order to measure change between the beginning and end of the program, participant responses to questions on the pre- and post- evaluations were compared. A unique personal code was used in lieu of their name, for anonymity.

Note that the questions are negatively worded. Lower scores, indicating agreement with the statements, correlate with poorer mental health. A positive change in scores from pre- to post-course assessment indicates that participants agreed less/disagreed more with the statements at the end of the sessions, suggesting overall gains in the way they related to their thoughts, feelings, emotions, and a present-moment orientation.

Following are 16 evaluation statements, with the greatest improvements at the end of the six sessions shown in descending order.

Participant was asked to select one of the following for each statement:

**1 Strongly Agree; 2 Agree; 3 Neither Agree, Nor Disagree;
4 Disagree; 5 Strongly Disagree**

Randy (Youth)

	Evaluation Statement	Pre	Post	Change	
1.	I keep projecting my concerns for the future.	1	4	300%	
2.	This pattern of not being fully present in my immediate experience is normal for me.	1	3	200%	
3.	Staying in the present hurts so much that I prefer to run away from what is unpleasant.	1	2	100%	
4.	I get stuck with the storylines that can make me feel anxious and I don't know how to pause and interrupt this pattern.	2	4	100%	
5.	I tend to put things off that I don't feel like doing—at work and in my personal life—and it can cause problems.	2	4	100%	
6.	I think over and over about things that have already happened.	2	3	50%	
7.	I don't have confidence in my ability to deal with the stressful things that happen to me.	2	3	50%	
8.	I have difficulty accepting things as they are.	2	3	50%	
9.	I'm not usually aware of what things or events trigger my anxiety.	3	4	33%	
10.	I don't believe that I can make a difference in my life.	3	4	33%	
11.	When I start thinking about something that concerns me, I can't get it out of my mind.	2	2	0%	
12.	I don't usually know what to do to bear with my discomfort and sense of vulnerability.	3	3	0%	
13.	I often don't feel grounded in my body.	2	2	0%	

14.	I feel like I have no control over my thoughts, moods, and feelings.	2	2	0%	
15.	I tend to be impulsive, taking action, and then regretting it later.	4	2	-50%	
16.	I have difficulty dealing with troubling emotions.	2	1	-50%	

34 46 +35% Overall (Average)

1. What are some of the main points about “mindfulness” that resonate for you and your everyday life?
 - *Grounding yourself in reality.*
 - *Being good to yourself and others.*
2. Which mindfulness-in-everyday-life practices are you finding helpful?
 - *I find the mindfulness exercises like head and shoulders (pausing practice) and the itch (checks impulsivity) both helped me be more focused and less impulsive.*
3. How helpful has this workshop series been or you (0=not helpful; 10=extremely helpful)
 - 6
4. How has this workshop helped you deal with ADD?
 - *It has helped by making me a bit more focused and [illegible] the triggers for my anxiety.*
5. How many times per week have you been doing meditation practice at home?
 - *1-3 times per week*

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