

## S1 Table.

### The codebook developed for the thematic analysis.

Theme/ sub-theme	The characteristics of quotes to be categorised in theme.
Consequences of Criticism	Altered self-perceptions References to viewing the self negatively. Any self-criticisms. Any reference to attempting to change who they are.
	Sensitivity to criticism References to any negative emotional reactions to criticisms, in the short or long term.
Coping with criticism	Active change Any references to altering their environment, including work, friends, or level of social interaction.
	Hiding ADHD References to hiding symptoms or behaviours of ADHD, or not sharing with people that they have a clinical diagnosis of ADHD.

It's not me, its them Any references to participants viewing criticism as a reflection of other people's opinion, mental health, personality or culture.

Knowing and accepting the self References to accepting the self, learning about the self, or knowing the self in a way that is beneficial for resilience or coping with criticism experienced now, or in the past.

Openness to criticism Any references to viewing criticism positively or seeing the worth in criticism.

#### The role of support and understanding

Misunderstanding as a precursor to criticism Any evidence that misjudgement or criticism is the consequence of misunderstanding

The benefits of understanding Any evidence that understanding has reduced criticism, enhanced support, aided resilience towards criticism, improved relationships with self/others.

Why do others lack understanding? Any discussion of others not accepting ADHD as a disorder

What is criticised?

“Everything I do” Responses that directly state they are criticised for everything. Does not include responses that list numerous criticisms.

Focus and Inattention Responses that directly, or indirectly state that they are criticized for inattention or a lack of focus. This can be through describing behaviours that represent this (e.g. daydreaming).

Forgetfulness Responses that directly, or indirectly state that they are criticized for forgetting.

Impulsivity & self-Control Responses that directly, or indirectly state that they are criticized for engaging in impulsive behaviours or showing little self-control. This can include descriptions of behaviours that result from this e.g. (talking too much).

Organisation Responses that directly, or indirectly state that they are criticized for poor organisation skills.

Time Management Responses that directly, or indirectly state that they are criticized for poor time management. This includes being late, missing deadlines, being too slow/fast at tasks.

#### What is perceived as criticism?

(Mis)judgement References to perceiving judgement from others. Any reference to traits that could be explained by underlying ADHD (lazy, scattered, etc.).

Comparisons with others References to being compared with peers.

Expectations References to other people's expectations and/or being unable to meet expectations.

Humour References to using humour to deliver criticism, such as jokes,

mocking, sarcasm etc.

Others emotional reactions    References to perceiving other people's reactions towards them and their behaviours negatively.

Rejection    References to being excluded, ignored, being rejected by family/friends.

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