Table 1: Means or Percentages of Sample Characteristics (N = 433)

Individual Characteristic	
Age (years)	17.6
Female (%)	52.8
Religious affiliation (%)	
Protestant	23.7
Buddhist	7.4
Catholic	5.3
Others	1.4
Average household size	4.3
Average monthly family income (HKD)	12,000
Educational level (%)	
Primary	78.1
Secondary	9.5
Tertiary	12.4
Parental marital status (%)	
Married	64.7
Divorced	11.9
Cohabitating	20.2
One parent/both parents deceased	3.2
Employment status (%)	
Employee	18.9
Self-employed	2.5
Unemployed	2.7
Student	75.9
Public assistance use (%)	14.8

Group Characteristic	
Problem focus of mutual aid group (%)	
Developmental struggles (e.g., learning disability)	31.6
Difficult life status (e.g., parental separation)	25.4
Psychiatric condition (e.g., depressive/psychosomatic symptoms)	24.9
Delinquency-related problems (e.g., substance use)	18.1
Average group size (number of members/group)	7.2
Average frequency of group activities (number of activities/month)	4.1
Average duration of group activities (number of hours/activity)	2.8
Average number of responsible social workers (number of social workers/group)	2.2

Table 2. Standardized Regression Coefficients for Predicting EBP

	Not controlling for background characteristics	Controlling for background characteristics
Social work inputs	-.086	-.078
Change-inducing group mechanisms	-.196*	-.184*
Mutual aid	-.209**	-.218**
R^2	.281	.378
Adjusted R^2	.274	.297

Note: *: $p < .05$; **: $p < .01$