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Men Prefer Thin Women, Study Says

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model

Men are more likely to find thin women more attractive than women who are overweight, a new study from Spain has found. Researchers also say that women who are more concerned about their weight see a woman with normal weight as a danger. More importantly, when women see other normal weight people, they experience displeasure and embarrassment.

The study was conducted by researchers from University of Granada, who found that when women with weight problems saw their own pictures or videos, they felt uneasy. Men, more than women, were worried about the weight of a female and were also more likely to report overweight women as unattractive.

Some women who suffered from bulimia nervosa were so stressed after seeing images of healthy weight women that they started showing signs of motor paralysis and lack of control, as they feel they can't get the ideal body shape.

Bulimia nervosa is a condition where the affected person is highly worried about gaining weight. These people may overeat (binge) and then purge the food by either puking or taking laxatives to speed up the food movement in the body.

The small study included 671 students. Researchers found that most of the

women and men reported professional models with normal weight more attractive.

"Men and women found these bodies highly pleasing and stimulating, although they made them feel a lack of control. This means that a sexy and stimulating body makes people feel a lack of control, as these bodies are considered difficult to attain or even unattainable," said Blanca Ortega-Roldán Oliva, one of the study authors, in a **news release**.