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There are not significant differences between men's and women's sexual fantasies, according to a University of Granada study.

The fact is that both sexes have intimate and romantic sexual fantasies involving their partner or loved one.

In addition, men have more sexual fantasies (positive and negative) than women, which would confirm the old belief that men think more frequently about sex than women.



To carry out this study, the researchers took a sample of 2250 Spanish people (49.6 percent men and 0.4 percent women) aged between 18 and 73 years, who had maintained a heterosexual relationship for at least 6 months.

The results obtained suggest that near 100 percent of men and **women** have experienced a pleasant sexual fantasy in their life, while about 80 percent of the interviewees have experienced a negative or unpleasant sexual fantasy sometime in life.

However, men and women do not fantasize with the same frequency. Specifically, the study showed that women have pleasant romantic fantasies more frequently than men -a few times a month.

Men, however, fantasize more frequently about exploratory sexual activities as group sex and seek new sensations as "being promiscuous", "being a swinger", "participating in an orgy".

The frequency of these fantasies is "sometime in life" or "once a year. The most unpleasant sexual fantasies are those associated with sexual submission.

Women were found to think more frequently than men in "being forced to have sex"-they fantasize about it at least once in life. However, the most frequent negative fantasies in men are associated with homosexual sex.

The study was co-authored by Nieves Moyano Munoz and Juan Carlos Sierra Freire at the University of Granada department of Personality, Psychological Evaluation and Treatment.

This is the first study to approach sexual fantasies as positive and negative thoughts in Spain.

The results will be published in the Spanish journal *Anales de Psicología*.

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