



Public Perception of Ideal Breast Shape

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Background:

In the past decade, there has been a dramatic increase in trends related to body-shaping procedures. According to the American Society of Plastic Surgeons, nearly 300,000 breast augmentation procedures were conducted in 2019. Learning the ideal shape of a breast and which aesthetics lead to public perception of the most attractive breast is beneficial to properly performing these procedures.

Objective:

The authors aimed to quantify the public’s perception of attraction to breast shape by measuring public opinion for various esthetic elements of breast anatomy and linking this to various demographic factors.

Methods:

Survey responses were collected from 1000 users of Amazon Mechanical Turk to collect demographic data and ask users to rank preferences for randomized image panels of breast proportions.

Results:

The analysis, which used 960 responses, found that a majority of the respondents were male (60%) and aged 25 to 34 (49.3%), and breast projection proportion and nipple direction were the most notable preferences among all groups, while the preferred breast width to shoulder width ratio was 105%, with the 25 to 34 age group having a strong preference for this.

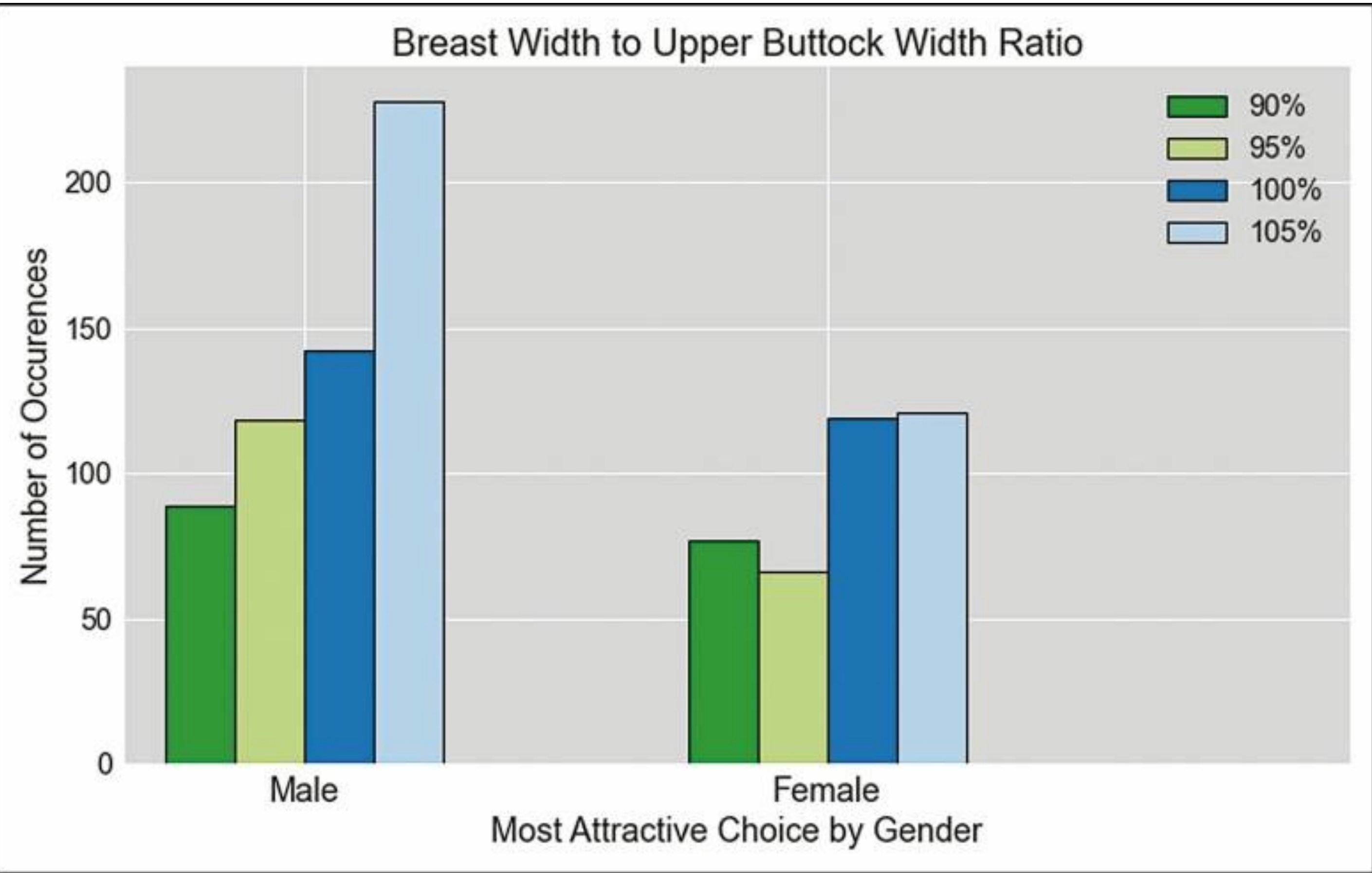


Figure 1. Breast Width to Upper Buttock Width Preferences by Gender.

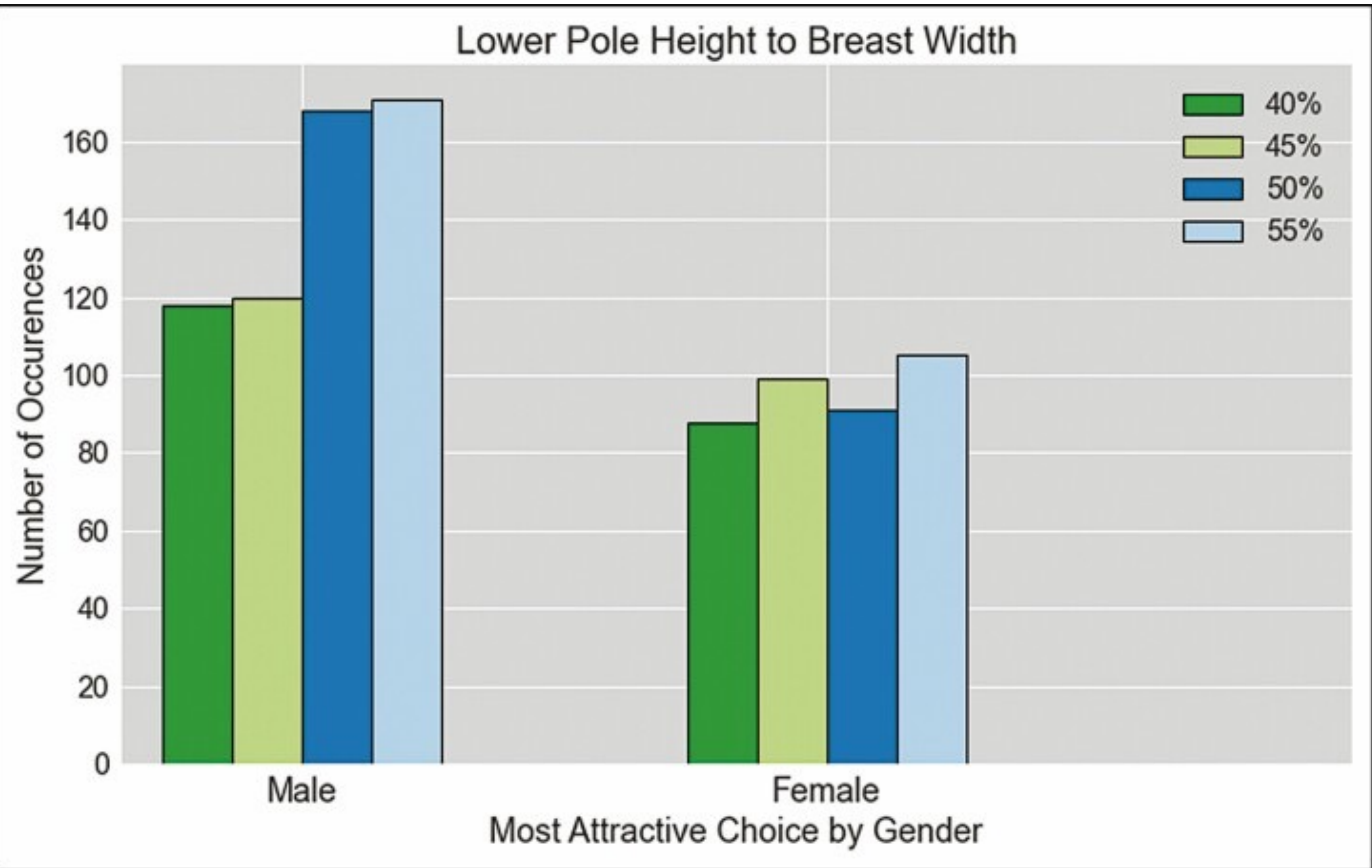


Figure 2. Lower Pole Height to Breast Width Preferences by Gender.

Discussion:

The position of the breast footprint in relation to the thorax is crucial in breast augmentation, and modern cohesive implants allow for lower breast skin expansion without lowering the IMF.

The differences in preferences between males and females (Figure 1, Figure 2) can serve as an educational instrument for patients in breast augmentation, as it may help them select outcomes that align with their goals, desires, sexual preferences, and motivations.

Conclusion:

The authors used a crowdsourcing survey technique with randomized image panels to analyze ideal breast preference using images of various anatomical traits of the female breast. It was concluded that crowdsourcing can be a favorable technique for learning ideal overall preferences for specific anatomy.

Funding:

Dr. Kelly is an employee of Love My Delta Inc., Philadelphia, PA, USA, the funding source of this study. Dr. Kelly, Mr. Comstock, and Dr. Smartt are cofounders of and have equity interests in Love My Delta Inc. Drs. Shauly and Gould are board members with no equity interest.