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I'm claudia hammond here with health check and the bbc's james gallaher is my guest today james want to ask you about a new paper out in the british medical journal this week which suggests the people with the gene linked to weight gain can do just as well a weight-loss programmes as people without the gene is this sounds quite surprising yeah what what we know already is that this particular part of the genetic code in your dna that if you have it in quite a lot of people do then you're more likely to be overweight if it affects appetite and things so when you had a meal how hungry you still are after just curtis overeating area from talk to warn doctors thank you to be you know if you have the gene because if someone brings some cake into a room euro and how quickly you go eat some cake is the quicker it is the more likely you are to her on our officers we will go live i've got this stage but the thing is you different get this link

between having missed jean and being overweight to the study was all about the opposite how the gene affects losing weight always said is it called a whole range of different ways of losing weight diet based ones exercise based schemes over 9000 people and it showed that it did not really affect you no weight loss at all surprising that it does affect the way you put on weight watchers actively decide you will do something about it and lose weight it does make a difference so the argument the research saying is you can't blame new genes class a shame now james got a question few you cried during films occasionally his very occasional well in psychological research most people do report feeling better after a good cry but now a new study oxford university takes it a step further or watching a sad film might increase your pain threshold so what is it about the story in a film that could help us withstand pain i spoke to dr safe duncan one of the authors of this new study about what it is about watching drama that could be so powerful