

MST CLAIM IN ONE PAGE

MILITARY SEXUAL TRAUMA

Build the claim around the current condition, the in-service experience, supporting evidence, and a medical relationship. An official report is not required.

01 Four parts of the record

01 CURRENT CONDITION

Claim the diagnosed mental or physical condition linked to MST. MST is an experience, not a diagnosis.

02 IN-SERVICE EXPERIENCE

Identify the sexual assault or threatening sexual harassment experienced during military service.

03 SUPPORTING EVIDENCE

Use direct records, alternative sources, behavioral markers, and credible lay evidence.

04 MEDICAL RELATIONSHIP

Connect the current condition to the in-service experience with the evidence applicable to the claim.

02 How the stressor may be supported

OFFICIAL RECORD

Reports, investigations, medical care, or service records may directly document what occurred.

ALTERNATIVE SOURCES

Statements, civilian records, chaplain records, counseling, tests, or other outside evidence may help.

BEHAVIORAL MARKERS

Requests for transfer, performance changes, substance use, anxiety, depression, or unexplained behavior changes may corroborate the event.

MEDICAL REVIEW

A qualified clinician may interpret marker evidence and explain whether it is consistent with personal assault.

03 Build one connected evidence record

1 CURRENT DIAGNOSES AND TREATMENT

Show the condition being claimed, its course, and present functional effects.

2 CHRONOLOGY

Build a dated timeline before, during, and after the in-service experience.

3 PERSONNEL AND SERVICE RECORDS

Look for duty, performance, disciplinary, transfer, attendance, or deployment changes.

4 LAY STATEMENTS

Use first-hand observations and avoid pressure to disclose unnecessary graphic detail.

5 MEDICAL OPINION

Address the diagnosis, the evidence reviewed, marker interpretation, and the relationship to MST.

THE RECORD SHOULD EXPLAIN

Why these facts support this veteran's claim

- What evidence was reviewed
- When the condition and limitations began
- Which legal or medical pathway applies
- How competing explanations were addressed

Do not treat the absence of an official report as negative proof. Do not confuse eligibility for MST-related treatment with proof of a compensation claim.

04 Claim and examination framework

CLAIM

Name the current diagnosed condition, not MST by itself.

FORM

Use the current VA stressor statement form and answer only what is needed.

EXAM

Describe symptoms, onset, functional effects, treatment, and relevant history accurately.

RATING

Mental health conditions generally use one overall occupational and social impairment evaluation.

05 Before you file

- ✓ Current condition identified
- ✓ Direct and alternative sources requested
- ✓ Lay statements reviewed for accuracy
- ✓ Medical relationship addressed

- ✓ In-service experience described
- ✓ Marker timeline assembled
- ✓ Medical records and diagnoses included
- ✓ C&P examination preparation completed

