



MILITARY SEXUAL TRAUMA

MST CLAIM CHECKLIST

Clear, trauma-informed guidance for building an accurate VA disability record.

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

CURRENT CONDITION

A diagnosed mental or physical condition is identified.

2

CURRENT FORM

VA Form 21-0781 is complete or the online questions provide the same information.

3

EVIDENCE SOURCES

Direct evidence, alternative sources, and behavior changes have been reviewed.

4

MEDICAL LINK

The record addresses the relationship between the current condition and service.

An official report is not the only way to support an MST-related claim. Evidence is evaluated under the rules applicable to the condition and claim.

