

# MST CLAIM IN ONE PAGE

MILITARY SEXUAL TRAUMA

TRAUMA-INFORMED GUIDE

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

