



MILITARY SEXUAL TRAUMA

COMMON MST CLAIM MISTAKES

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

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

CLAIMING MST AS THE DIAGNOSIS

MST is the experience. The application identifies the resulting health condition.

2

USING A DISCONTINUED FORM

Form 21-0781a is discontinued. Use current Form 21-0781.

3

ASSUMING NO REPORT MEANS NO CLAIM

Alternative evidence and behavior changes may support personal-assault PTSD claims.

4

TREATING MARKERS AS A CHECKLIST

No fixed number of markers guarantees or defeats a claim.

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.

