



MILITARY SEXUAL TRAUMA

DIRECT AND INDIRECT MST EVIDENCE

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

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

DIRECT

OFFICIAL OR CONTEMPORARY RECORDS

Service records, DOD reports, investigations, police reports, treatment records, or crisis-center records.

ALTERNATIVE

OTHER FIRSTHAND SOURCES

Statements from family, roommates, service members, clergy, counselors, or other confidants.

INDIRECT

CHANGES AFTER THE EVENT

Performance, transfer, substance use, relationships, health visits, testing, or other behavior changes.

CONTEXT

TIMING AND CONSISTENCY

Evidence is evaluated in context. No single type is automatically required.

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.

