



MILITARY SEXUAL TRAUMA

BUILD AN MST EVIDENCE TIMELINE

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

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

BEFORE

BASELINE

Record duty, health, work performance, relationships, and functioning before the approximate timeframe.

DURING

EVENT WINDOW

Use the most accurate timeframe and location information available. Do not invent precision.

AFTER

OBSERVED CHANGES

Place records, statements, treatment, transfer requests, testing, and behavior changes in sequence.

NOW

CURRENT CONDITION

Connect the present diagnosis and functional effects to the longitudinal medical record.

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.

