



MILITARY SEXUAL TRAUMA

MST LAY STATEMENTS WHAT HELPS

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

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

WHO IS WRITING?

Explain the relationship to the veteran and how often the writer had contact.

2

WHAT WAS OBSERVED?

Describe firsthand changes, statements, events, or circumstances without guessing.

3

WHEN DID IT OCCUR?

Use dates or approximate time periods the writer can honestly remember.

4

HOW DID IT CHANGE?

Compare behavior or functioning before and after, using concrete examples.

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.

