



MILITARY SEXUAL TRAUMA

WHAT CONDITION DO YOU CLAIM?

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

CURRENT VA GUIDANCE

START WITH THE RECORD

FOUR POINTS TO UNDERSTAND

1

MENTAL HEALTH

Identify each diagnosed condition the evidence relates to MST.

2

PHYSICAL HEALTH

A current physical condition may also be claimed when medical evidence supports the connection.

3

SECONDARY EFFECTS

A separately diagnosed condition may be secondary to an already service-connected disability.

4

AVOID SELF-DIAGNOSIS

Use the diagnoses and medical relationships documented by qualified clinicians.

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.

