

How VA Rates Mental Disorders — Current vs. Proposed (2025)

This handout compares the current 38 CFR § 4.130 General Rating Formula for Mental Disorders with VA's 2022 proposed update. Note: The proposed changes have NOT been finalized and no implementation date has been announced.

Rating	Current (38 CFR § 4.130)	Proposed (2022 rulemaking)
100%	Total occupational & social impairment (e.g., gross thought impairment, persistent danger to self/others, disorientation, inability to perform ADLs).	Level 4 (“total”) in ≥1 domain OR Level 3 (“severe”) in ≥2 domains across: cognition; relationships; task/life activities; navigating environments; self■care.
70%	Deficiencies in most areas (work, school, family, judgment, thinking, mood); examples include near■continuous panic/depression, impaired impulse control, neglect of hygiene, inability to maintain relationships.	Level 3 (“severe”) in 1 domain OR Level 2 (“moderate”) in ≥2 domains.
50%	Reduced reliability and productivity; examples include flattened affect, panic attacks >1/week, impaired judgment/abstract thinking, disturbances of motivation and mood.	Level 2 (“moderate”) in 1 domain.
30%	Occasional decrease in work efficiency with intermittent inability to perform tasks; otherwise generally functioning satisfactorily (e.g., depressed mood, anxiety, weekly or less panic attacks, sleep impairment, mild memory loss).	Level 1 (“mild”) in ≥2 domains.
10%	Mild or transient symptoms that decrease work efficiency only during periods of significant stress OR symptoms controlled by continuous medication.	Minimum rating for any service■connected mental disorder (no 0% under proposal).
0%	Diagnosis but symptoms not severe enough to interfere with occupational/social functioning or to require continuous medication.	— (Eliminated; minimum would be 10%).

Sources: 38 CFR § 4.130 (current). VA Proposed Rule — “Schedule for Rating Disabilities: Mental Disorders” (87 FR 8498, Feb. 15, 2022).