



are you depressed, or just a cat?

a film by **TIM SARMIENTO**

19 minutes / DCP / 1.85:1 / 2.0 / USA / Not Rated / English

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SYNOPSIS

Reeling from a breakup, Gunter meets an eccentric woman who draws him to a support group where adults take on feline personas.

ABOUT THE FILM

ARE YOU DEPRESSED, OR JUST A CAT? (AYDOJAC) crowdfunded its \$25,000 budget in 2024 through Seed & Spark. Shooting wrapped in October 2024, and an initial 36-minute cut was completed in May 2025. The film was subsequently reworked in early 2026 to honor its visual and tonal ambitions, arriving at its current 19-minute form as a fully independent work reflecting an uncompromised directorial vision.

ABOUT THE DIRECTOR

BIOGRAPHY

TIM SARMIENTO is a Filipino-American filmmaker based in Brooklyn. He has produced work for acclaimed New York voices including DESUS & MERO, Ziwe Fumudoh, Paige Elkington, Anthony Anderson, Chad Moore, James Harris and Lawrence Schlossman (THROWING FITS), Kareem, and Anthony DiMieri (MELTED SOLIDS & LUCE NERA PICTURES)—earning him a reputation for his pragmatic, adaptable fluidity behind the camera. A maverick in the quietest way possible, ARE YOU DEPRESSED, OR JUST A CAT? marks his breakthrough into narrative observational storytelling.

DIRECTOR'S STATEMENT

ARE YOU DEPRESSED, OR JUST A CAT? (AYDOJAC) was visually and tonally inspired by such classic surrealist films as Robert Altman's 3 WOMEN (1977) and Luis Buñuel's THE EXTERMINATING ANGEL (1962), but it also owes an equal debt to the comedic and documentary instincts of Borat's 2004 appearance on DA ALI G SHOW (see: Borat on Yoga and Soul Motion).

In AYDOJAC, I wanted to tell a story about misaligned romantic connection—one which results in platonic compassion. Gunter is adrift, looking for permission “to be”. Clair even serenades him, crooning over Lonesome Boy: “what has happened to men?” Gunter is trapped within the walls of adulthood's expectations. Clair is his antithesis, breathlessly vulnerable and entirely put together, but secretly longing for affection. This is a story about the nature of care, and how we can extend empathy to those around us.

Formally, AYDOJAC is inspired by the languid observational cinema of Robert Bresson and Celine Sciamma. I sought to compose faces that spoke to each other in sequence and alluded to a felt sense. I chose gestures and glances over dialogue.

- Tim Sarmiento

CREDITS

Written and Directed by
TIM SARMIENTO

Starring
JASON JOO, LIZZIE NGUYEN

Produced by
LITA ROBINSON

Producer
EMILY PARK

Cinematography by
LEO ZHANG

Costumes by
SARAH LOCKWOOD

Production Design by
DEVON YAMENG LIN

Casting by
CABE THOMPSON

Additional Editing by
MICHAEL PATTEN

MATERIALS

[[Stills](#)] [[Trailer](#)] [[Poster](#)]