

ABSTRACT

Disclosed in embodiments of the present disclosure are a method for controlling interference and an apparatus thereof, which may be applied to the technical field of communications. The method configured to be executed by a terminal device comprises: sending first indication information, the first indication information being used for indicating interference information of the terminal device. In this way, a network device may obtain the interference information of the terminal device, and then adjusts a time-frequency domain resource corresponding to the interference information, thereby ensuring reliable reception of downlink data, providing a guarantee for communication transmission, and further improving the quality and efficiency of communication transmission.

FIG. 2