**What is claimed is:**

1. An image decoding method performed by a decoding apparatus, the method comprising:

obtaining image information including network abstraction layer (NAL) unit type related information from a bitstream;

determining NAL unit types for NAL units in a current picture based on the NAL unit type related information; and

decoding the current picture based on the NAL unit types,

wherein the NAL unit type related information is information on whether the current picture has mixed NAL unit types,

wherein based on the NAL unit type related information for the current picture having the mixed NAL unit types, a first NAL unit type for a first slice of the current picture is different from a second NAL unit type for a second slice of the current picture,

wherein based on the first NAL unit type being an instantaneous decoding refresh (IDR) NAL unit type, a value of information related to signaling a reference picture list is equal to 1, and

wherein based on the value of the information related to signaling the reference picture list being equal to 1, the syntax element for the signaling of the reference picture list is present in the slice header of the first slice having the IDR NAL unit type.

2. An image encoding method performed by an encoding apparatus, the method comprising:

determining NAL unit types for NAL units in a current picture;

generating NAL unit type related information based on the NAL unit types; and

encoding image information including the NAL unit type related information,

wherein the NAL unit type related information is information on whether the current picture has mixed NAL unit types,

wherein based on the NAL unit type related information for the current picture having the mixed NAL unit types, a first NAL unit type for a first slice of the current picture is different from a second NAL unit type for a second slice of the current picture have different NAL unit types, and

wherein based on the first NAL unit type being an instantaneous decoding refresh

(IDR) NAL unit type, a syntax element for signaling of a reference picture list is present in a slice header of the first slice having the IDR NAL unit type.

3. A non-transitory computer-readable storage medium for storing a bitstream generated by an image encoding method, the image encoding method comprising:

determining NAL unit types for NAL units in a current picture;

generating NAL unit type related information based on the NAL unit types; and

encoding image information including the NAL unit type related information,

wherein the NAL unit type related information is information on whether the current picture has mixed NAL unit types,

wherein based on the NAL unit type related information for the current picture having the mixed NAL unit types, a first NAL unit type for a first slice of the current picture is different from a second NAL unit type for a second slice of the current picture, and

wherein based on the first NAL unit type being an instantaneous decoding refresh (IDR) NAL unit type, a syntax element for signaling of a reference picture list is present in a slice header of the first slice having the IDR NAL unit type.

4. A transmission method of data for an image, the method comprising:

obtaining a bitstream for the image, wherein the bitstream is generated based on determining NAL unit types for NAL units in a current picture, generating NAL unit type related information based on the NAL unit types, and encoding image information including the NAL unit type related information; and transmitting the data comprising the bitstream,

wherein the NAL unit type related information is information on whether the current picture has mixed NAL unit types,

wherein based on the NAL unit type related information for the current picture having the mixed NAL unit types, a first NAL unit type for a first slice of the current picture is different from a second NAL unit type for a second slice of the current picture, and

wherein based on the first NAL unit type being an instantaneous decoding refresh (IDR) NAL unit type, a syntax element for signaling of a reference picture list is present in a slice header of the first slice having the IDR NAL unit type.