WHAT IS CLAIMED IS:

1. A method for controlling interference, performed by a terminal device and comprising:

transmitting first indication information, wherein the first indication information is used to indicate interference information of the terminal device.

2. The method according to claim 1, wherein transmitting the first indication information comprises:

transmitting the first indication information in response to satisfying a specified transmitting condition.

3. The method according to claim 2, further comprising:

receiving second indication information, wherein the second indication information is used to indicate the specified transmitting condition; or

determining the specified sending condition according to a protocol.

4. The method according to claim 2 or 3, wherein the specified transmitting condition comprises at least one of:

the second indication information indicating that transmitting the first indication information is allowed;

a receiver sensitivity being less than or equal to a first threshold value;

a receiver sensitivity degradation value being greater than or equal to a second threshold value;

a first measurement result being less than or equal to a third threshold value; and

a second measurement result being greater than or equal to a fourth threshold value.

5. The method according to claim 4, wherein the second indication information comprises at least one of:

whether the terminal device is allowed to report frequency information of the interference;

whether the terminal device is allowed to report uplink transmission frequency information of the interference;

whether the terminal device is allowed to report an uplink transmission frequency information combination of the interference;

whether the terminal device is allowed to report a frequency information combination of the interference;

whether the terminal device is allowed to report downlink reception frequency information of the interference;

whether the terminal device is allowed to report a correspondence between the uplink transmission frequency information and the downlink reception frequency information of the interference;

whether the terminal device is allowed to report a correspondence between the uplink transmission frequency information combination and the downlink reception frequency information of the interference; and

whether the terminal device is allowed to report receiver sensitivity information of the interference.

6. The method according to any one of claims 1 to 5, further comprising:

transmitting third indication information, wherein the third indication information is used to indicate a capability of reporting interference information supported by the terminal device.

7. The method according to claim 6, wherein the third indication information comprises at least one of:

capability of supporting to report uplink transmission frequency information of the interference;

capability of supporting to report an uplink transmission frequency information combination of the interference;

capability of supporting to report downlink reception frequency information of the interference;

capability of supporting to report a correspondence between the uplink transmission frequency information and the downlink reception frequency information of the interference;

capability of supporting to report a correspondence between the uplink transmission frequency information combination and the downlink reception frequency information of the interference;

capability of supporting to report receiver sensitivity information of the interference; and

receiver sensitivity capability information of the terminal device.

8. The method according to claim 7, wherein the receiver sensitivity capability information of the terminal device comprises at least one of:

a receiver reference sensitivity power level; and

a maximum sensitivity degradation value.

9. The method according to any one of claims 1 to 7, wherein the interference information comprises at least one of:

uplink transmission frequency information;

an uplink transmission frequency information combination;

the uplink transmission frequency information and a downlink reception frequency information combination;

downlink reception frequency information;

a correspondence between the uplink transmission frequency information and the downlink reception frequency information;

a correspondence between the uplink transmission frequency information combination and the downlink reception frequency information;

receiver sensitivity information; and

an interfering party’s radio technical indication and an interfered party’s radio technical indication.

10. The method according to claim 9, wherein the frequency information comprises at least one of:

frequency point information;

bandwidth information;

starting frequency point information;

ending frequency point information;

starting physical resource block;

ending physical resource block; and

bandwidth section information.

11. The method according to claim 9, wherein the uplink transmission frequency information comprises:

an uplink transmission frequency and/or harmonic signal information of the uplink transmission frequency.

12. The method according to claim 11, wherein the harmonic signal information of the uplink transmission frequency comprises at least one of:

multiple of a harmonic signal relative to a fundamental signal; and

a frequency range of the harmonic signal.

13. The method according to claim 9, wherein the uplink transmission frequency information combination comprises:

a plurality of uplink transmission frequencies and/or intermodulation signal information between the plurality of the uplink transmission frequencies.

14. The method according to claim 13, wherein the intermodulation signal information between the plurality of the uplink transmission frequencies comprises at least one of:

an order of the intermodulation signal;

multiple information between individual frequencies in the intermodulation signal; and

operational relationship information between individual frequencies in the intermodulation signal.

15. The method according to any one of claims 9 to 14, wherein the receiver sensitivity information comprises at least one of:

a receiver reference sensitivity power level supported by the terminal device;

current sensitivity of a receiver in the terminal device;

receiver maximum sensitivity degradation supported by the terminal device;

current maximum sensitivity degradation of the receiver in the terminal device; and

current sensitivity degradation of the receiver in the terminal device.

16. A method for controlling interference, performed by a network device and comprising:

receiving first indication information, wherein the first indication information is used to indicate interference information of a terminal device.

17. The method according to claim 16, further comprising:

updating frequency information and/or uplink carrier aggregation information corresponding to the terminal device according to the first indication information.

18. The method according to claim 17, wherein updating the frequency information and/or the uplink carrier aggregation information corresponding to the terminal device comprises at least one of:

staggering a transmitting time of the uplink transmission frequency indicated by the first indication information and a receiving time of the downlink reception frequency;

invalidating the uplink transmission frequency indicated by the first indication information, or one or more uplink transmission frequencies in the uplink transmission frequency information combination;

staggering a transmitting time of all or part of the uplink frequencies in the uplink transmission frequency information combination indicated by the first indication information;

invalidating the downlink reception frequency indicated by the first indication information; and,

instructing the terminal device to reduce an uplink transmission power.

19. A terminal device, comprising:

a processor; and

a memory;

wherein a computer program is stored in the memory, and the processor executes the computer program stored in the memory to cause the device to execute the method according to any one of claims 1 to 15.

20. A network device, comprising:

a processor; and

a memory;

wherein a computer program is stored in the memory, and the processor executes the computer program stored in the memory to cause the device to execute the method according to any one of claims 16 to 18.