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Aside from being a faculty member at Oxford, McGrath has also taught at Cambridge University and is a Teaching Fellow at Regent College. McGrath holds three doctorates from the University of Oxford: a doctoral degree in molecular biophysics, a Doctor of Divinity degree in theology, and a Doctor of Letters degree in intellectual history.

McGrath is noted for his work in historical theology, systematic theology, and the relationship between science and religion, as well as his writings on apologetics. He is also known for his opposition to New Atheism and antireligion and his advocacy of theological critical realism.